

## Let's Talk Food Literacy

### Burritos

Makes 4 Burritos

#### Ingredients

*Protein foods:*

- 2 cups refried beans (see recipe below)
- 1 cup cheese, shredded

*Vegetables of your choice! Examples:*

- tomatoes, onions, corn, spinach, avocado, peppers, mushrooms, zucchini, cucumbers

*Other:*

- 1 cup rice, cooked
- 4 large tortillas or wraps (*aim for whole wheat!*)
- Salsa (for dipping)

#### Directions

1. Cook rice according to package.
2. Make **Refried Beans** recipe.
3. In a frying pan, mix rice and refried beans.
4. Lay tortillas down on a flat surface.
5. Along the middle of each tortilla, spread  $\frac{1}{4}$  of the beans, rice, cheese and vegetables. Be careful not to fill it too much!
6. Fold both sides of tortilla inwards. Fold up the bottom flap. Pull it tight over the filling and roll it up to the end.
7. Toast the burrito in a frying pan on medium.
8. Serve with salsa.

**Watch the how-to videos!**

**Burrito:** [https://youtu.be/7oOxU\\_7EoPk](https://youtu.be/7oOxU_7EoPk)

**Refried Beans:** <https://youtu.be/qsCaXlvWuv4>



*Burritos*

#### Tips and Tricks:

- **Wash hands** with soap and water before, during and after preparing food.
- **Adapt this recipe** to your taste. If you have, leftover meat, add it in!
- **Use a *calibrated* thermometer** to see when meat is re-heated to 74°C (165°F). *How do I calibrate?* Fill cup with ice and water. Insert thermometer. Adjust dial to read 0°C (32°F).

#### Refried Beans Makes 2 cups

##### Ingredients

- |   |                            |
|---|----------------------------|
| 1 can (19 oz.) beans (e.g. Romano, Pinto or Kidney) |                            |
| 1 small onion                                       | 1 tsp of ground cumin      |
| 1 garlic clove                                      | Black pepper to taste      |
| 1 Tbsp vegetable oil                                | 1 tsp of paprika           |
| 1 tsp garlic powder                                 | $\frac{1}{4}$ cup of water |

##### Directions

1. Finely chop onion and garlic.
2. Heat pan on medium. Add oil and onions. Cook 2 minutes.
3. Add garlic. Cook 1 minute. Add spices and stir.
4. Drain and rinse beans. Add to pan. Cook 4 minutes. Add water. With a wooden spoon, scrape the bits off the pan.
5. Mash the mixture with a fork or potato masher.