

Cheesy Bean Burrito



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4-6 portions

INGREDIENTS

Tomato Sauce

100g Onions

10g Garlic

20ml Oil

1tsp Mixed Herbs

15g Tomato Paste

600g Chopped

Tomatoes

15g Honey or Sugar

150g Long Grain Brown

Rice

20ml Rapeseed Oil

360g Meat-free Mince

1 tsp Mexican Chipotle

Spice

100g Red Kidney

Beans

180g Baked Beans

75g Mixed Peppers

12 Small Wraps or 6

Large Wraps

100g Cheese

METHOD

Pre heat the oven to 175°C and make the tomato sauce.

Tomato Sauce

Peel and dice the onions.

Peel and finely chop the garlic.

In a pan heat the oil and cook the diced onions and garlic on a medium heat until soft.

Add the mixed herbs and tomato paste and cook gently for a few more minutes.

Add the chopped tomatoes and honey/sugar, then bring to the boil and simmer for 15 minutes.

Boil the rice until just cooked and drain any excess liquid.

Heat the oil in a medium pan.

Add in the meat-free mince and fry until browned with no lumps and then add the chipotle spice.

Add the tomato sauce, kidney beans and baked beans to the mince mix.

Dice the peppers and add to the mix.

Cook for 5-10 minutes until it's a medium thick consistency.

Add the cooked rice, stir and set aside.

Lay out the tortillas and distribute the burrito mix evenly in the centre of each one.

Sprinkle the cheese over the filling.

Fold in the ends and roll each tortilla tightly to ensure the filling doesn't fall out.

Place into a baking dish and cover with foil.

Bake in the oven at 175°C for 10 minutes.