

## Black Bean Burritos

Be careful when working with Jalapeno peppers, they have oils that can burn the eyes, lips and skin. Wear gloves and wash your hands well after working with these peppers. Makes 3 main dish servings.

Quantity	Ingredients	Preparation Notes
8 oz	Dry Black Beans or 2 - 15 oz Cans	• Cook dry beans, rinse and drain or rinse and drain canned beans, set aside.
1	Med Onion, finely chopped	• Note - to cook dry beans, cover beans with water, cover and bring to a boil. Reduce heat and simmer for 2 minutes uncovered. Let stand for one hour, drain and rinse
2	Cloves Garlic, minced	• In a Dutch Oven, cook onion, garlic, peppers, chili powder and cumin in hot oil until tender, stirring occasionally.
1 - 2	Jalapeno Peppers, seeded and finely chopped	• Stir in drained beans, tomatoes, lemon, oregano, salt and pepper sauce.
1 Tbsp	Chili Powder	• Bring to a boil, then reduce heat and simmer uncovered for about 15 minutes until thick.
1 tsp	Cumin Powder	• Remove lemon
1 Tbsp	Olive Oil or Cooking Oil	• In a blender or food processor, place 1/3 of the bean mixture and blend until smooth
1 - 16 oz can	Tomatoes, cut up	• Repeat with remaining mixture
1	Lemon Slice - 1/4" thick	• Return to pan when to heat through
1 tsp	Dried Oregano, crushed	• Wrap tortillas in foil and warm in 350 degree oven for ten minutes.
1/4 tsp	Salt	• Place about 1/2 C of the bean mixture on each tortilla, fold edges over to cover.
Dash	Hot Pepper Sauce (optional)	
6	6" Flour Tortillas	
	Salsa	
	Guacamole or Low Fat Sour Cream	
	Chopped Tomato (optional)	
	Snipped Cilantro (optional)	