

Vegan Black Bean Burritos

Plant-based recipes, like black bean burritos, can be protein-rich, easy to assemble, and inexpensive. Consider using this recipe and [others like it](#) to live more lightly on the earth.

Ingredients:

7 8-inch flour tortillas
2 16-ounce cans black beans
3 to 4 cups red or green salsa
½ teaspoon each salt and pepper



Cooking Instructions:

Heat tortillas directly on a gas flame or in a dry skillet on high heat until they soften and get a few brown spots. Cover with a dish towel and set aside. Drain black beans and combine in a bowl with ½ cup salsa, salt and pepper. Blend with an immersion blender until slightly chunky (you can also use a mixer, blender or hand-held potato masher or leave the beans whole). Heat oven to 350 degrees. Lightly grease a 9- by 13-inch baking dish and spread with ½ cup salsa. Place 1/3 cup of bean mixture across a tortilla and [roll it up](#) to enclose filling. Place in the baking pan and repeat with remaining tortillas. Pour remaining salsa over tortillas and bake for 20 minutes until heated through. Serves 3 or 4. Burritos may be frozen.

Additional Ingredients to Consider:

Extras for vegan burritos: Buy a package of frozen peppers-and-onions and sauté until very soft before adding to black beans. Add corn to the filling. Add chili powder, cumin, oregano, garlic powder or any Mexican spice mix you might have. And/or mince fresh cilantro and/or jalapeno and sprinkle over cooked burritos. Garnish with avocado.

Extras for vegetarian burritos: Combine grated Mexican cheese or Monterey Jack (or cheddar) to the filling before rolling. Serve with sour cream.

--Sarah Fritschner, MMO Editor