

## Black Bean and Cheese Burritos

6 burritos



### Ingredients

- Canola oil – 40 g (≈3 Tbsp), divided
- Onion – 26 g, chopped
- Red bell pepper – 74 g, finely chopped
- Garlic – 2 cloves, minced
- Black beans – 2 cans (≈480 g drained), reserve 120 ml bean liquid
- California Harvest Salsa – Hot – 120 g (½ cup)
- Smoked paprika – ¼ tsp
- Black pepper – to taste
- Kevala coconut aminos – 1 tsp (optional for umami)
- Flour tortillas (20 cm) – 6
- Cheddar or Gouda cheese – 115 g, shredded (≈19 g each burrito, half the original amount)
- Plain Greek yogurt (unsweetened, 2% or 0%) – 90 g (≈15 g inside each burrito)
- Extra yogurt + hot sauce – for serving

### Instructions

1. Heat 1 T **oil** in skillet, sauté **onion** + **pepper** until tender and golden (**7–8 min**).
2. Add **garlic**, cook 1 min.
3. Stir in **beans**, **salsa**, **paprika**, **coconut aminos**, reserved **bean liquid**, and 120 ml **water**. Mash lightly, simmer until thick.
4. Spread ≈80 g bean mixture on each tortilla.
5. Top each with ≈19 g **cheese** + 15 g **yogurt**.
6. Fold and roll burritos tightly.
7. Toast in skillet with remaining **oil** until golden and crisp.
8. Serve with more yogurt + hot sauce.

### Nutrition (per burrito, approx.)

- **Calories:** ~330 kcal
- **Protein:** 15 g
- **Fat:** 15 g
  - Sat. Fat = 4 g
- **Carbs:** 37 g
  - Sugars = 4 g
- **Fiber:** 8 g
- **Sodium:** ~350 mg (cheese + salsa; much lower than original)
- **Omega-3:** ~0.1 g

(2 burritos = ~660 kcal, 30 g protein, ~700 mg sodium — lighter but still filling.)

### Flavor / Texture Notes:

- Yogurt mixed in the burrito makes it **creamy and tangy**, balancing the salsa heat.
- Gouda gives a milder, nuttier flavor; cheddar is sharper. Either works well with beans + salsa.
- You can still crisp the outside nicely even with less cheese inside.
- If you want an **extra umami boost without sodium**, add a few sautéed mushrooms to the bean mix.