

Black Bean & Cheese Burritos

黒豆チーズブリトー

Yield: 3 burritos (2 dinner + 1 freezer burrito)

Air Fryer

Ingredients

Vegetables & Aromatics:

- 1½ tsp / 7 g canola oil
- 13 g onion (玉ねぎ), finely chopped
- 37 g red bell pepper (赤パプリカ), finely chopped
- 1 clove garlic (にんにく), minced
- Optional: 30 g mushrooms (きのこ), finely chopped OR 40 g corn

Bean Filling:

- 240 g black beans (黒豆), drained
- 60 ml reserved bean liquid
- 60 g California Harvest Salsa – Hot
- ⅛ tsp smoked paprika
- Black pepper, to taste
- ½ tsp Big Tree Farms Coco Aminos OR scant ¼ tsp reduced-sodium soy sauce
- 1 tsp nutritional yeast (optional)
- 60 ml water

Assembly:

- 3 flour tortillas (20 cm)
- 58 g Gouda or cheddar cheese, shredded
- 30 g plain Greek yogurt (ギリシャヨーグルト) 10 g per burrito
- Light canola oil spray or brushing oil

Serving:

- Extra Greek yogurt
- Hot sauce
- Lime wedges (optional)

Instructions

1. Heat **canola oil** in skillet over **medium heat**.
2. Add **onion** and **red bell pepper**.
 - Cook **6–7 minutes** until softened and lightly golden.
3. Optional:
 - Add **mushrooms** and cook until moisture evaporates.
4. Add **garlic**.
 - Cook about **30 seconds**.
5. Add **black beans**, **salsa**, **paprika**, **black pepper**, **Coco Aminos**, **bean liquid**, **water**, and optional **nutritional yeast**.
6. Mash mixture lightly.
 - Leave some beans whole for texture.



7. Simmer until thick.
 - Mixture should not look wet.
 - Cool slightly before filling tortillas.
8. Lay out tortillas.
9. Add approximately **80–90 g bean filling** to each tortilla.
10. Top each with:
 - **19 g cheese**
 - **10 g Greek yogurt**
11. Fold sides inward and roll tightly.
 - **Do not overfill.**
12. Lightly brush or spray exterior with **canola oil**.
13. **Preheat** air fryer to **190°C** for **3–4 minutes**.
14. Arrange burritos in air fryer basket.
 - Use lower rack position only.
 - Leave small space between burritos.
15. Air fry at **190°C** for **8–10 minutes total**.
 - Flip halfway through cooking.
 - Cook until crisp and golden.
16. Serve hot with extra **yogurt**, **hot sauce**, and optional **lime wedges**.

Freezing & Reheating

- Freeze the third burrito after cooling completely.
- Wrap tightly before freezing.
- Freeze up to 2 months.
- Reheat from frozen at 170°C for 12–15 minutes.
- Air fryer restores crisp texture extremely well.

Notes

- Gouda melts especially smoothly in the air fryer.
- Coco Aminos gives a rounder and slightly sweeter flavor than soy sauce.
- Thick filling prevents tortilla splitting during air frying.
- Nutritional yeast adds savory depth without making the recipe taste 'healthy.'
- Excellent with salad, salsa, or tomato-cucumber side dishes.

Nutrition

Per burrito (approx.): Kcal: 315 | Protein: 15 g | Fat: 12 g | Sat Fat: 4 g | Carbs: 38 g | Sugars: 4 g | Fiber: 8 g | Sodium: 340 mg | Omega-3: 0.1 g

2 burritos (dinner): Kcal: 630 | Protein: 30 g | Fat: 24 g | Sat Fat: 8 g | Carbs: 76 g | Sugars: 8 g | Fiber: 16 g | Sodium: 680 mg | Omega-3: 0.2 g

Total recipe (3 burritos): Kcal: 945 | Protein: 45 g | Fat: 36 g | Sat Fat: 12 g | Carbs: 114 g | Sugars: 12 g | Fiber: 24 g | Sodium: 1020 mg | Omega-3: 0.3 g