

Black Bean and Cheese Burritos ブラックビーンズとチーズのブリトー

4 burritos

Ingredients

- 27 g (2 T) canola oil, divided
- 27 g onion, chopped
- 50 g red bell pepper, finely chopped
- 1-2 cloves garlic, minced
- 320 g black beans, drained, reserve 80 ml bean liquid
- 80 g California Harvest Salsa – Hot
- Generous pinch smoked paprika
- ½ tsp cumin
- Black pepper – to taste
- ½ tsp coconut aminos (optional)
- 4 flour tortillas (20 cm)
- 80 g cheddar or gouda cheese, shredded
- 60 g plain Greek yogurt
- Extra yogurt + hot sauce – for serving
- 2T fresh cilantro



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. Stir in **2 T fresh cilantro**, roughly chopped
5. Spread bean mixture on each tortilla.
6. Top each with **cheese** + **yogurt**.
7. Fold and roll burritos tightly.
8. Toast in skillet with remaining **oil** until golden and crisp.
9. Serve with more yogurt + hot sauce.

Nutrition (per burrito, approx.)

Kcal: 330 | Protein: 15 g | Fat: 15 g | Sat. Fat: 4 g | Carbs: 37 g | Sugars: 4g |
Fiber: 8 g | Sodium: 350 mg | 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.