

MEXICAN VEGAN BLACK BEAN BURRITO

LATIN AMERICA
/ MEXICO

ORIGINS

The origins of the Burrito date back to the early 1900s where, during the Mexican Revolution, a vendor named Juan Mendez traded on the streets of Ciudad Juarez. To keep his produce warm whilst transporting it on his donkey-drawn cart, he wrapped it in a tortilla and the burrito, or 'little donkey', was born. A burrito, was said to have consisted of a rolled tortilla filled with meat and other ingredients. However, in other areas of Mexico, similar dishes were known as a cocito and taco, respectively.



4



10 min



10 min



WHAT YOU NEED

- 1/2 pkt (15 g) Mexican spice
- 400 g can black beans
- 1 cup corn kernels
- 1 carrot, grated
- 1 onion, chopped
- 400 g can crushed tomatoes
- 1 avocado, sliced
- 2 cups cooked rice
- 1 lime, quartered
- 6-8 tortillas

HOW TO MAKE

①

Sauté onion 5 min. Add spice, sauté 1 min. Add black beans, sauté 5 min.

②

Add tomatoes, rice & corn kernels, Simmer 10 min.

③

Load your tortilla with bean mix, fresh avo slices and grated carrot.

HOW TO SERVE

Serve with a squeeze of lime and fresh coriander.

HINTS & TIPS

SIDES & CONDIMENTS

For a zestier flavour add a dash of spicy tomato salsa.

SWAPS & ALTERNATIVES

veggie combos: Add in 1 diced capsicum with corn kernels.

alternative: This dish can also be eaten with quinoa.

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