



VEGETABLE & BEAN BURRITO

Vegetarian Main / Grab & Go: this recipe provides a portion of vegetables, starchy food and non-dairy source of protein. It counts towards the standard to provide a portion of starchy food every day and a portion of non-dairy course of protein at least three times each week.

Recipe adapted from: Lancashire County Commercial Group

Ingredients

170g brown rice
2g (¾ tsp) cumin, ground
20g coriander, ground
5g (1½tsp) paprika, ground
300ml canned tomatoes
50ml tomato purée
15ml (1 tbsp) olive oil
60g red onion, peeled and chopped
60g green peppers, deseeded and sliced
60g red peppers, deseeded and sliced
800g five bean salad, drained (drained weight, 500g)

Tortilla wraps:

Primary: 6 x 6" wraps (640g)
Secondary: 5 x 12" wraps (450g)

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and tortilla wraps with less than 1.0g salt per 100g

Method

1. Cook the rice according to the manufacturer's instructions. Then drain.
2. Heat a pan. Add the spices and dry fry for 1-2 minutes. Add the canned tomatoes and tomato purée, bring to the boil then simmer for 10 minutes.
3. Heat the oil in a separate pan, add the onions and peppers and cook for 4-5 minutes.
4. Add the mixed beans and tomato sauce. Reduce the heat and simmer for 10 minutes.
5. Warm the tortillas according to the manufacturer's instructions.
6. Assemble the Burrito: lay the warm tortillas on a flat surface. Top with a portion of the cooked rice, then the vegetable and bean mixture. Fold in the sides and then roll.
7. Cut at an angle and serve. Please ensure the dish reaches an appropriate core temperature and serve immediately.

Serving suggestion: with plain yogurt or guacamole.



Number of portions this recipe makes:

10 primary servings (210g)
5 secondary servings (380g)



Prep: 10 minutes
Cook: 30 minutes



Allergy information:

Wheat (gluten)



Top Tips

Make into enchiladas by topping with tomato sauce and grated cheese and baking.