

## **Burrito's**

4-5 servings

4-5 whole wheat or multi grain tortillas

1 can black beans, washed and drained

¼ cup water

3 T Mexican spice mix, separated

1-2 teaspoons safflower or 1-2 tablespoons of water

1 cup red onion, sliced

1 clove garlic, pressed

1 small zucchini, chopped into bite sized pieces

1 small yellow squash, chopped into bite sized pieces

1 cup mushrooms, sliced

1 red bell pepper, sliced

1 cup cooked brown rice, warmed

1 small bunch of cilantro, washed, woody stems removed, chop leaves if you want

Guacamole

2 ripe avocados, pitted and mashed

1-2 t fresh lime juice

1 clove garlic, pressed

1/3 cup salsa

Hot sauce (optional)

Salt or tamari to taste

Warm tortillas in a 200 degree oven.

Drain and wash black beans, place in sauce pan with 1 tablespoon of spices and ¼ cup water. Simmer stirring occasionally.

Heat the oil or water in wok or frying pan. Sauté onion and garlic until the onion is soft. Add zucchini and squash and cook for a few minutes. Add mushrooms and red pepper. Add 2 T of spices and mix thoroughly.

To make guacamole, remove pit and skin and mash with garlic, salsa, lime juice and salt or tamari to taste.

To assemble:

Take a warm tortilla. Smear 1-2 T of beans down center. Add 1-2 T of rice. Top this with 2-3 T of the vegi mixture. Add a few sprigs of cilantro, a dollop of guacamole, hot sauce, and a tablespoon of salsa. Don't fill too full or you won't be able to roll it up. Top with more guacamole and salsa if you want.