

Cranberry Bean

Burrito



Ingredients

2 c tomato sauce
2 tsp hot pepper sauce
1 tsp cumin
6 lg whole wheat tortillas
2 tbsp vegetable oil
 $\frac{3}{4}$ c chopped onion
2 c cooked cranberry beans, mashed
 $\frac{3}{4}$ c chopped cherry tomatoes
1 c shredded cheddar cheese
 $\frac{1}{2}$ c shredded lettuce
1 avocado chopped

Directions

Warm Tomato and hot sauce with cumin in a small saucepan, low heat. Preheat oven to 350 degrees, put tortillas on a large baking pan, cover and warm in oven. Heat oil in large skillet over medium heat, add onion and cook until tender, add beans and $\frac{1}{4}$ c of the tomato mixture. Blend thoroughly and heat through. Remove tortillas from the oven. Spoon $\frac{1}{3}$ c of bean mixture in center of each, topping with cut tomatoes, cheese, lettuce and avocado. Fold up like an envelope, place seam side down on heated baking sheet. Bake about 15 min. Serve with tomato sauce.

Nutritional Information

Calories per serving 309
Total Fat 8g
Saturated Fat
Cholesterol 3.6mg
Sodium 750mg
Total Carbohydrates 48g
Dietary Fiber 12g
Protein 10g

Servings 6