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CHILLI PINTO BEAN BURRITOS (VE)

Chilli Pinto Bean Burritos are made with beans native to Mexico but now mostly grown in the United States. They are beige in colour with brown speckles.

Serves 2

Per serving: 400 calories, 5g fat

Prep time: 15 mins

Cook time: 40 mins

INGREDIENTS

1 red onion, finely chopped
1 garlic clove, crushed
2 fresh green chillies, seeded and chopped
1 thin courgette, grated
½ x 400g can pinto beans, drained and rinsed
½ x 400g can chopped tomatoes
150ml tomato passata
1 tsp chopped fresh oregano
1½ tsps vegetable bouillon stock powder
1 tortilla wrap per person
Shredded lettuce and chopped spring onion

METHOD

1. Preheat a non-stick frying pan. Dry-fry the onions and garlic for 1 - 2 minutes until soft. Add the chillies and courgettes and continue to cook for 2 minutes.
2. Stir in the remaining ingredients and bring to the boil. Reduce the heat and cover. Simmer gently for 20 - 25 minutes until the sauce thickens.
3. Serve as a filling in a tortilla wrap with shredded lettuce and chopped spring onion.