

Recipe

From our
Kitchen to yours . . .



BLACK BEAN AND CORN BURRITOS

- | | |
|---|--|
| 1 small onion, chopped | 1 tbsp. (15 mL) chopped fresh cilantro |
| 1/3 cup (75 mL) each chopped red and green bell pepper | 1 1/2 tsp. (7 mL) chili powder |
| 1 clove garlic, crushed | 1 tsp. (5 mL) cumin |
| 2 tsp. (10 mL) oil | 1/8 tsp. (0.5 mL) salt |
| 1 can (19 oz./540 mL) black beans, rinsed, drained and mashed | 1/8 tsp. (0.5 mL) cayenne pepper |
| 1/2 cup (125 mL) frozen kernel corn, thawed | 6 flour tortillas (8 inch/20 cm) |
| 1 tsp. (5 mL) green or hot pepper sauce | 1 cup (250 mL) shredded cheddar cheese |
| 1 tbsp. (15 mL) lime or lemon juice | Shredded lettuce |
| | Salsa |
| | Sour cream |

Sauté onion, bell peppers and garlic in oil until tender; combine with next 9 ingredients (black beans through cayenne pepper). Place a scant 1/2 cup (125 mL) of bean mixture down the center of each tortilla. Sprinkle with cheese and roll up. Place, seam side down, in a greased casserole. Bake at 350°F (180°C) for 15 minutes. Serve burritos on a bed of shredded lettuce. Top with salsa and sour cream. Serves 4 – 6.



For over 70 years, ATCO Gas Blue Flame Kitchen® home economists have been providing reliable, up-to-date answers to everyday household questions. If you have a question you would like answered, call the ATCO Gas Blue Flame Kitchen®, Monday to Friday, 10 a.m. to 4 p.m. If you live in the Edmonton area, call 420-1010. If you live in Lloydminster, call toll-free 1-306-825-5010. From other locations in Alberta, call toll-free 1-877-420-9090. To purchase cookbooks, call the order desk toll-free 1-800-840-3393. Visit our website at www.atcogas.com.

The ATCO Gas Blue Flame Kitchen® trademark is our signature that each recipe has been professionally tested in our test kitchen. This means that our customers are assured that each recipe has been developed and written by our professional home economists and meets our high standards of reliability.