

California Burritos

Swick

Makes 3 servings | Active Time: 20 minutes | Total Time: 25 minutes

Chef's Notes

Suggested adult serving: 2 burritos

Store any leftover burritos wrapped in parchment paper in the refrigerator for up to 3 days.

Step 1: Make Burrito Fixings and Serve

- 1/3 yellow onion diced (\approx 1/3 cup)
 - 1/3 cup low-sodium vegetable broth
 - 1 1/4 teaspoons mild chili powder
 - 3/4 teaspoon ground cumin
 - 2 dashes ground turmeric
 - 2 dashes cayenne pepper (optional)
 - 1 can pinto beans, drained and rinsed
 - 7 1/2 oz frozen corn (\approx 1 1/2 cups)
 - 1 1/2 tablespoons nutritional yeast (optional)
 - freshly ground black pepper
 - sea salt
 - 6 whole-grain tortillas
 - 3 oz shredded lettuce (\approx 3 cups)
 - 3/4 cup salsa
 - 3/4 avocado (optional) diced
 - hot sauce (optional)
- SAUTÉ ONIONS**
In a large saucepan over medium heat, sauté onions in vegetable broth, stirring, until translucent, about 5 minutes. Add chili powder, cumin, turmeric, and cayenne (if using), and sauté for 1 minute more.
- ADD PINTO BEANS & CORN**
Add pinto beans and corn to saucepan, and cook, stirring occasionally, until heated, about 5 minutes. Remove from heat and stir in nutritional yeast (if using). Season with salt and pepper to taste.
- HEAT TORTILLAS**
In a dry nonstick skillet over medium heat, warm tortillas one at a time until soft and pliable, about 20 seconds on each side. Cover with a damp cloth to keep soft until serving.
- ASSEMBLE & SERVE**
Place about 3/4 cup of bean filling in the center of each tortilla. Top with lettuce, salsa, and a couple slices of avocado (if using).
Fold sides of tortilla over filling, then roll up to enclose. Serve burritos warm, with hot sauce, if desired.