

# Speedy Black Bean Burritos

*Makes 4 burritos*

Spicy black beans, wrapped in a flour tortilla, make a quick and satisfying meal.

**Preparation time:** 5 minutes

**Cooking time:** 10 minutes

## Ingredients:

- 1 15-ounce can black beans, drained
- 1/4 cup salsa (you pick the heat)
- 3 tablespoons uncooked bulgur wheat
- 4 flour tortillas
- 1 cup shredded leaf lettuce
- 1 tomato, diced

## Instructions:

1. Combine the black beans, salsa, and bulgur in a saucepan and simmer gently for 5 minutes, stirring occasionally.
2. Remove from the heat, cover, and let stand 5 minutes.
3. In the meantime, shred the lettuce and dice the tomato.
4. Heat a tortilla in an ungreased skillet until it is warm and soft, then spread a line of the bean mixture down the center of the tortilla. Top with lettuce, tomato and additional salsa if desired. Roll the tortilla around the filling, then repeat with the remaining tortillas.

## Tips:

- Be sure to select a variety of flour tortilla made without lard.
- Chapatis are an Indian version of the flour tortilla, made with whole wheat flour and no added fat. Look for chapatis in natural food stores.
- Bulgur wheat adds texture and flavor to cooked beans, soups and stews. It is sold in natural food stores and in most supermarkets.

**Nutrition information per serving:** 255 calories; 12 g protein; 48 g carbohydrate; 2 g fat; 64 mg sodium

Recipe from the Physicians Committee for Responsible Medicine [www.pcrm.org](http://www.pcrm.org)



COURTESY OF PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE / PHOTO BY JOHN KELLY