



## Soifua Maloloina Bean Burritos

### Method

1. Heat oil in large saucepan. Add onions and garlic and cook for 3 minutes or until soft. Add herbs, spices and grated carrot and cook until fragrant for 1-2 minutes.
2. Add tomato paste and stir until combined. Add canned tomato, red kidney beans and corn and simmer for 10 minutes.
3. Place tortillas, tomato, lettuce, cheese and natural yoghurt in bowls or on a large platter.
4. Transfer the bean mix to a serving bowl, so everyone can make-their-own burritos.

### Recipe Information

**Number of Serves:** 8

**Preparation Time:** 10mins

**Cooking Time:** 15mins

### Ingredients

- 2 teas oil
- 1 brown onion, chopped
- 2 cloves garlic, crushed
- 5 teas Mexican spice-mix
- 1 large carrot, peeled & grated
- 750g can red kidney beans
- 400g can whole tomatoes
- 2 tbs tomato paste
- 1 small red capsicum, chopped
- 400g can corn kernels
- 8 large tortilla wraps
- 3 tomatoes, chopped
- 8 lettuce leaves, shredded
- ½ cup reduced fat cheese, grated
- ½ cup reduced-fat natural yoghurt

### Soifua Maloloina tips:

- You can use frozen, tinned or other seasonal fresh vegetables. A can of 4-bean mix is good!
- You can serve it with tomato salsa, chilli sauce, guacamole and other salad veggies.
- Make your own spice mix: combine 2 teas each of ground cumin, coriander, chilli and oregano.
- Turn it into chilli mexican beans by serving it in bowls with steamed rice.

