

THINGS TO KEEP IN MIND

These delightfully cheesy burritos are the perfect comfort for a winter's day.

They also make great leftovers!
You can freeze and reheat in the microwave or on the stove.

INGREDIENTS:

- 2 tbsp of olive oil
- 2 8 oz bags of frozen cauliflower rice
- ½ onion, diced
- 1 bell pepper, any color, diced
- 1 tbsp of cumin
- 1 tbsp of smoked paprika
- 1 tbsp of garlic powder or minced fresh garlic
- 1 can of low-sodium black beans, rinsed
- Whole wheat tortillas (try to find a lower-sodium, whole grain option)
- ½ cup of shredded cheese



Cauliflower and black bean burritos

Directions

1. Heat 2 tbsp of olive oil in a skillet over medium heat.
2. Add the cauliflower rice, onion, bell pepper, garlic, and spices.
3. Cook for about 5-7 minutes or until the garlic and onion have started to brown, occasionally stirring to keep the mixture from sticking to the pan.
4. Reduce heat to low, add black beans to the mixture, and cook for about 1-2 additional minutes.
5. Add ½ cup of the mixture to a whole wheat tortilla with 1 tbsp of shredded cheese.
6. Roll and serve with a side of fresh fruit and/or a side salad.