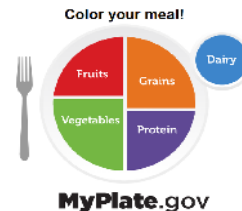




SAUTÉED VEGGIE & BLACK BEAN WRAPS



Ingredients:

2 bell peppers, chopped
1 onion, sliced
1 can low sodium black beans, drained & rinsed
2 mangos, chopped
1 tbsp canola oil
Chili powder, to taste
Cayenne pepper, to taste

1 lime, juiced
1/2 cup fresh cilantro, chopped
1 avocado, peeled & diced
4 whole wheat flour tortillas
1/2 tsp salt
Ground black pepper, to taste
Garlic powder, to taste

Directions:

1. Heat oil in a pan then sauté bell peppers and onion with spices for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer for 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, avocado, and ground black pepper.
3. Fill warmed tortillas with the sautéed vegetable and bean mixture and mango mixture.
4. Fold ends of tortillas over and roll up to make wraps. Top with remaining mango mixture.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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خط المساعدة



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