

Food Babe's Fast Food Burrito



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	10 mins	25 mins	2

<https://foodbabe.com/fast-food-the-quickest-burrito-youll-ever-make>

Ingredients:

- 6 sprouted grain tortillas
- 1 ½ cups cooked black beans, rinsed and drained
- 2 cups salsa
- 3 ounces goat cheese
- 1 pinch chili powder, to taste
- ½ white onion, chopped

Toppings:

- 1 avocado
- 1 cup romaine lettuce, chopped
- ½ cup sour cream
- ½ lime

Instructions:

1. Preheat oven to 375° F (if you want to eat burritos now).
2. Place tortillas on top of parchment paper lined aluminum foil (this is an important step – you don't want your food to touch the aluminum foil or to stick).
3. Place ¼ cup of black beans on each tortilla.
4. Sprinkle chili powder on top of black beans (1 to 2 shakes).
5. Add about a tablespoon of onion on top of beans.
6. Top each burrito with one tablespoon of salsa.
7. Shred raw goat cheese and top each burrito with a handful.
8. Roll and wrap each tortilla tightly.
9. If eating later: store burritos in a ziplock bag in the freezer until ready to use.
10. If eating now: pop burritos in oven on a rack.
11. Cooking time varies: fresh burritos take 10 mins, defrosted burritos take 20 minutes, and frozen burritos take 30 minutes (of course a microwave would be faster – but I do not use microwaves).
12. Serve with toppings: avocado, romaine, sour cream, lime wedges and/or more salsa.

Notes:

- Please use organic ingredients if possible