

# Bean Burrito



## main meals

**POINTS®** Value: 5

Servings: 4

Preparation Time: 10 min

Cooking Time: 13 min

Level of Difficulty: Easy

We took a Mexican favorite and made it with supermarket staples. Ideal for those nights when there's nothing much in the fridge.

## Ingredients

- 1 spray(s) cooking spray
- 1 tsp olive oil
- 1 small onion(s), chopped
- 1 1/8 cup(s) frozen mixed vegetables, thawed
- 1 tbsp cilantro, fresh, chopped or 1 tsp dried cilantro
- 1 cup(s) fat-free canned refried beans
- 4 large burrito-size wheat flour tortilla(s)
- 1/2 cup(s) shredded reduced-fat Mexican-style cheese
- 1/2 cup(s) salsa

## Instructions

- Coat a large nonstick skillet with cooking spray and set over medium-high heat; add oil and heat until it sizzles.
- Sauté onions for about 3 minutes and then add mixed vegetables and cilantro to skillet; sauté until vegetables are crisp-tender, about 3 minutes more. Remove from skillet and set aside.
- Spread about 1/4 cup of beans down the middle of a tortilla and sprinkle with cheese; top with a heaping 1/4 cup of vegetables.
- Fold ends of burrito in and then fold one side of tortilla to center; fold in other side (like an envelope). Repeat with remaining ingredients.
- Place one burrito on a plate, seam-side down; microwave at full power until cheese melts and beans are warm, about 1 to 2 minutes (or you can bake burritos in oven). It will take about 5 minutes to microwave four burritos at once.
- Top each burrito with 2 tablespoons of salsa and serve. Yields 1 burrito per serving.