

Mexican Chilli Bean Wraps

Filling:

2 tsp olive or canola oil
1 onion, chopped finely
1 clove garlic, peeled and crushed
1 stick celery, chopped
1 leek, halved and sliced
1 carrot, diced
1 x can Mexican beans
1/2 x 400g can tomatoes

6 Burritos or tortillas
Shredded lettuce
2 tomatoes, sliced
1 avocado, sliced
1 cup grated edam cheese
1 cup plain yoghurt or light sour cream

Filling

Heat oil in a frying pan, add onion, garlic, celery, leek and carrot and saute gently for 10 minutes. Add beans and tomatoes and simmer for 5 minutes. Season to taste.

Warm burritos or tortillas according to instructions; top with filling, then lettuce, sliced tomatoes, sliced avocado, grated cheese and yoghurt/sour cream. Roll up and serve.

Alternatively, fill burritos, layer in a baking dish, top with grated cheese and heat through.

Serves 4

Health Habits:

- Using a variety of vegetables – increases vitamins, minerals and antioxidants
- Using beans (legumes) – they add protein, fibre, vitamins, antioxidants and phytochemicals in a low fat package
- Adding extra vegetables to the burritos
- Using yoghurt or light sour cream instead of full fat sour cream