DietCloud – Recipe

Recipe Name: Mexican Style Vegetarian Chimichanga Recipe-Deep Fried Burrito

Diet Type:

Course: Lunch

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 1 Carrot (Gajjar) - peeled and chopped small	4
• 1 Green bell peppers - chopped small	
• 1 Onion - chopped	
• 1 Green Chilli - chopped	
• 2 tablespoons Roasted tomato pasta sauce	
• 4 cloves Garlic - chopped	
• 1/2 cup Brown Rice - cooked	
• 4 Pickled Jalapenos - chopped	
• 1 teaspoon Red Chilli flakes	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Dry ginger powder	
• 1 teaspoon Black pepper powder	
• Salt - to taste	
• 1 cup Whole Wheat Flour	
• 1/2 teaspoon Salt	
• 1/2 teaspoon Baking powder	
• 1 tablespoon Butter	

Preparation

• To begin making the Mexican Style Vegetarian Chimichanga Recipe, combine flour, salt and baking powder together in a large mixing bowl.
• Gradually knead the dough adding the butter and a little water at a time until the dough comes together and becomes smooth and elastic.
• Knead well for about 5 minutes, this will make the dough fluffy and soft when cooked on the skillet.
• Divide the dough into 8 portions and shape them into balls.
• Keep it aside.

• Add in the onions, bell peppers, garlic and saute till they are well roasted for about 10 minutes.
• You can sprinkle some water and cover it with the lid and cook for 2 more minutes.
• Add the seasonings, sauce and rice and toss it well till the seasonings is coated properly.
• Check for salt and adjust according to your palate.
• You can add the jalapenos at this stage and mix.
• Switch off the heat and allow it to cool down.
• Pre-heat the oven to 180 degree Celsius and we will start to make the burritos.
• Flatten dough balls with the palm of your hand.
• Take a portion of the dough, toss it on the flour and roll out into thin circles to approximately 6 inches in diameter.
• As you roll them out, you can keep tossing the dough in dry flour while rolling; this will prevent it from getting sticky when rolling them out.
• Place the filling in the center and fold the tortilla on either side and cover it to form a small wrapped Burrito Packet.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)