DietCloud – Recipe

Recipe Name: Mexican Style Black Bean Burrito Recipe

Diet Type:

Course: Lunch

Cuisine: Mexican

Quantity:



Description

Savor the vibrant flavors of Mexico with these delightful Black Bean Burritos, packed with hearty black beans, fresh diced vegetables like bell peppers and tomatoes, and a creamy mix of cheese and hung curd, all neatly wrapped in a warm tortilla. The image reveals a delectable stack of burritos, two of which are cut open to showcase the colorful filling, garnished with fresh cilantro, promising a satisfying and wholesome meal. This recipe offers a plant-forward option, served as a complete meal perfect for lunch or dinner.
[PROS]
- High in fiber from black beans and vegetables, aiding digestion and promoting satiety.
- Excellent source of plant-based protein from black beans, crucial for muscle repair and growth.
- Rich in vitamins and minerals from fresh produce like spinach, tomato, and coriander, supporting overall health.
[CONS]
- Can be high in sodium depending on cheese and seasonings used, which might be a concern for those watching blood pressure.
- White tortillas are refined carbohydrates; opting for whole wheat tortillas would significantly increase fiber content and nutrient density.
[DIETITIAN REVIEW]
This Mexican-style black bean burrito is a well-rounded meal, offering a good balance of plant-based protein, fiber, and essential nutrients from the diverse vegetables. While the use of white tortillas and cheddar cheese adds to the calorie count and saturated fat, opting for whole-wheat tortillas and reducing cheese portion size can significantly enhance its nutritional profile. Score: 8/10

Ingredients

Ingredient	Quantity
• Tortillas	4
• Black beans	1/4 cup (soaked overnight and cooked)
• Spinach Leaves (Palak)	6 to 8
• Onion	1 (chopped)
• Tomato	1 (chopped)

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• Garlic	2 cloves (chopped)

- Coriander (Dhania) Leaves 2 sprig

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• Rice	1 cup (or brown rice)

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• Lemon juice	juice of 1 lemon

• Spring Onion Greens	4 (chopped)

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• Cheddar cheese	4 tablespoons

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• Hung Curd (Greek Yogurt)	4 tablespoons

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Preparation

• 1.
• Cook the rice (or brown rice) according to package directions.
• Set aside.
• 2.
• In a pan, heat a small amount of oil (not specified, but necessary for sautéing).
• Sauté the chopped onion and garlic until they become fragrant and translucent.
• 3.
• Add the chopped tomato and spinach leaves to the pan.
• Cook until the spinach wilts and the tomato softens, about 3-5 minutes.
• 4.
• Stir in the cooked black beans.
• Cook for another 5-7 minutes, allowing the flavors to meld.
• Season with salt and pepper to taste (not specified, but implied for flavor).
• 5.
• Warm the tortillas either in a dry pan, microwave, or oven until they are soft and pliable.
• 6.
• To assemble each burrito, lay a warm tortilla flat.
• Spread 1 tablespoon of hung curd down the center of the tortilla.
• 7.
• Layer a portion of the cooked rice over the hung curd, followed by a generous amount of the black bean and vegetable mixture.
• 8.
• Sprinkle with 1 tablespoon of cheddar cheese, chopped spring onion greens, and fresh coriander leaves.
• Squeeze a little lemon juice over the filling.
• 9.
• Fold in the sides of the tortilla, then tightly roll it up from the bottom to create a compact burrito.
• 10.
• Repeat for the remaining tortillas.
• Serve immediately, garnished with extra coriander or spring onion greens if desired.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	22	70	20	10	5