



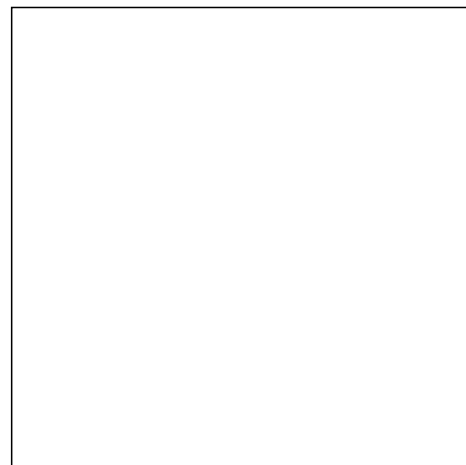
Recipe Name: Mexican Style Black Bean Burrito Recipe

Diet Type:

Course: Lunch

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 4 Tortillas	4
• 1/4 cup Black beans - soaked overnight and cooked	
• 6 to 8 Spinach Leaves (Palak)	
• 1 Onion - chopped	
• 1 Tomato - chopped	
• 2 cloves Garlic - chopped	
• 2 sprig Coriander (Dhania) Leaves	
• 1 cup Rice - or brown rice	
• 1 Lemon juice	
• 4 Spring Onion Greens - chopped	
• 4 tablespoons Cheddar cheese	
• 4 tablespoon Hung Curd (Greek Yogurt)	

Preparation

- To begin making the Black Bean Burrito recipe, pick the coriander leaves and set aside, then finely slice the stalks.
- Keep it aside.
- Heat 1 tablespoon of oil in a heavy bottomed pan over a medium heat, add the chopped garlic and coriander stalks and fry til.

Macronutrients

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