Fully Loaded Vegetarian Burrito

Ingredients

- 2 Tbsp canola oil
- 1 large red bell pepper, diced
- 1 medium zucchini, diced
- 1 cup corn kernels (fresh, frozen, or canned are all fine)
- 1 large tomato, diced
- 1 cup cooked quinoa (from about ½ cup uncooked)
- 3 cups cooked black beans (2 cans)
- 1 Tbsp ground cumin
- 1 tsp hot smoked paprika
- 1 tsp chile powder
- ½ a bunch of cilantro, chopped
- 6 large tortillas (ideally whole wheat)

Making it

- In a small sauce pan, bring quinoa and water to a boil and let simmer until quinoa is cooked and then set aside.
- Chop pepper, zucchini, and tomato.
- Rinse canned items (corn and beans) in a strainer. In a large skillet, heat oil and add pepper and zucchini and sauté until soft.
- Add corn, tomato, black beans and spices. Cook for approx. 5 minutes and then add in the cooked quinoa and cilantro.
- Stir until combined and remove from heat.
- Serve in a tortilla. Add extra salsa or hot sauce if desired.

NUTRITION FACTS

- Servings: 6
- Calories (kcal): 336
- Fat (g): 8.5
- Carbohydrate (g): 53.5
- Fibre (g): 10
- Protein (g): 14

TIPS & HINTS

- Make a large batch of the burrito filling, this will keep for up to 3 days in the fridge. Make your wrap up the night before for a quick on the go lunch!