

Crispy Black Bean Quinoa Burritos

Yield: 10 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-yogurt-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion small, diced
- 1 clove garlic minced
- 1/2 cup red bell pepper diced
- 1/2 cup green bell pepper diced
- 15 ounces black beans Libby's Organic, rinsed and drained
- 1/2 cup sweet corn Libby's Organic, rinsed and drained
- 1 1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/4 cup fresh cilantro chopped
- 1/2 lime
- black pepper Salt and, to taste
- 2 cups shredded cheddar cheese
- 10 flour tortillas burrito-sized
- yogurt Creamy Avocado, Dip, for serving

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 6 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 610 milligrams
9. Sugar: 4 grams

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