

## Mexican Black Bean Burrito With Quinoa



Serves 6 (Size: 328g)

Energy: 1380Kj (343Kcal), protein: 13g, total fat: 10, saturated fat: 2g carbohydrate: 39g, dietary fibre: 13, Sodium: 72mg per 100g

### Ingredients

- ) Olive oil lite x 2 tablespoon
- ) Brown Onion x 1 small or 85g
- ) Garlic x 4 cloves or 20g
- ) Zucchini x 1 small or 50g
- ) Carrot x 1 medium or 150g
- ) Celery stalk x 1 medium or 100g
- ) Blackbean x 400g or 1 tin – from dried you will need 250g dried, and when they are soaked overnight, you should have the required amount
- ) Crushed tomato low sodium x 2 tins or 800g
- ) Dried Thyme x 3 teaspoon
- ) Ground Black pepper x 2 teaspoon

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- ) Tomato paste x 4-5 tablespoon or 100g
- ) Parsley x 2 good handful
- ) Water x 1 cup
- ) Black pepper x 2 teaspoon
- ) Fresh tomato x 1 small or 50g
- ) Marmite yeast extract x 2 teaspoons
- ) Cooked Quinoa x 200g – If you are cooking from dried, you will need approximately 80g dried quinoa
- ) Gluten-free corn tortilla

## Method

This is a simple recipe that is made up of different components: 1) the filling that consists of a quinoa base, 2) the bean filling, 3) diced raw tomato, 4) the tortilla wrap and, 5) the chunky tomato layer on top (can be done in chunky style or puree).

### To prepare the vegetables:

1. If you are using dried beans, it is best to soak them in water overnight
2. Finely dice the onion and garlic and set aside
3. Shred the zucchini and squeeze excess moisture out
4. Half of the carrot, you will need to shred and squeeze excess moisture out, and with the other half you will need to finely chop and set both aside
5. Finely dice the celery and set aside
6. With raw tomato, you will need to dice finely; this will be used a filling layer in the burrito

### Cooking black beans from dried or using tins

7. Drain the black beans and put them into a medium-size pot and cover well with water and simmer them for around 25 minutes or until they are done. Making sure not to overboil because this will cause the beans to break up.
8. But you can use tinned black beans, but make sure you strain the liquid and rinse them thoroughly and set aside

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## **Blackbean and Tomato Filling**

9. On medium heat add 1 tablespoon of olive oil
10. Saute only half of the onion and garlic until translucent
11. Add the shredded zucchini and carrots and saute for a further 5 minutes
12. Add the cooked black beans
13. Add in half of the dried thyme and stir in well
14. Add half of the tin crushed tomato, half cup of water, half of the tomato paste and 2 teaspoons of marmite.
15. Simmer until most of the moisture is gone being careful not to make the mixture too dry
16. Add 1 teaspoon of ground black pepper
17. The bean mixture will take between 30 to 45 minutes to cook; once done set aside and add in 1 good handful of the chopped parsley and set aside to cool

## **Chunky Tomato Topping Sauce**

18. On medium heat add the remaining 1 tablespoon of olive oil
19. Saute the remaining half of the onion and garlic until translucent
20. Add in the diced carrots, celery and saute for a further 5 minutes
21. Add the other half of the tin crushed tomato, half cup of water, half of the tomato paste
22. And gently simmer for around 10 minutes or until the carrots and celery is soft; once done set aside
23. At this stage, you can either leave the tomato chunky or puree
24. Add 1 teaspoon of black pepper and handful of the chopped parsley and let cool

## **Quinoa**

25. Pre-wash the quinoa with water and gently rubbing the seeds together to remove the bitter saponins and strain.
26. The best method is to get a medium-size pot, and half fill with water bring to a gentle boil
27. Add in the pre-washed quinoa and cook for approximately 15 minutes; you can tell

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when the quinoa is cooked because it transforms from the seed to an uncurled and fluffs up

28. Once done, strain the quinoa and rinse under cold water and let sit for around 15 minutes to get rid of excess water

### **Now the Fun Part**

29. Turn on and preheat the oven to 165c/329f and while the oven is heating, build the burrito
30. Using a large baking dish
31. Layout the gluten-free tortillas and add 1-2 tablespoonful of the quinoa in the middle of the tortilla
32. For the next layer add a 1-2 spoonful of the black bean mixture
33. Next layer, add a spoonful of the finely diced raw tomato
34. Carefully fold tortilla like a roll being careful and making sure not too much of the mixture falls out and place it into the baking dish
35. Repeat the rolling process
36. Once all of the tortillas are done
37. Layer the chunky tomato topping sauce or puree sauce on top of the tortillas
38. Bake for around 20 minutes or until browned
39. Garnish with parsley and serve

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