

Easy bean burritos

serves 8

When you are short on time, these Bean Burritos make a quick and healthy dinner option that can be on the table in less than 15 minutes. They are also great to prep in advance and store in the freezer for a quick lunch on the go or at home.

Ingredients

- 2 cups refried pinto beans (one 15 ounce can) or 2 cups of any cooked, mashed beans
- 1 cup pumpkin puree
- 1 tablespoon taco seasoning/spice
- 8 burrito sized tortillas (8-10 inch tortillas)
- 1 cup shredded cheddar cheese or Mexican blend



Instructions

1. Place the beans into a large bowl. If using canned refried beans, use a microwave safe bowl and heat for 1 minute. This will make the beans easier to mix with the remaining ingredients.
2. Add the pumpkin puree and taco seasoning to the mixture and mix until well combined.
3. Spread $\frac{1}{4}$ - $\frac{1}{3}$ cup mixture on each tortilla and sprinkle with 2 tablespoons of shredded cheese, if using.
4. Roll up tortillas by folding in sides of tortilla and then rolling up tightly.
5. Warm the bean burritos.

Microwave: Wrap each burrito in a damp paper towel and heat for one minute each.

Oven: Wrap each burrito in foil and bake at 300 degrees for 10 minutes, or until warmed through.

Stove-Top (For crispy exterior): Heat a non-stick skillet over medium-high heat. Spray with nonstick spray or add in a drizzle of olive oil. Heat each burrito for 2 minutes per side, or until warmed through.

6. Serve with sour cream, salsa, and guacamole for dipping. **Enjoy!**

Notes

Make-Ahead Instructions:

- Prepare the burritos as directed, skipping the step of warming once assembled.
- Wrap each burrito in plastic wrap and place in a freezer-safe bag or sealable container.
- Store in the refrigerator for up to 4 days and in the freezer for up to 3 months.
- To serve from the freezer, unwrap the plastic wrap and wrap the burrito in a damp paper towel-- this keeps the tortilla from drying out. Microwave for 2 minutes on high, flip the burrito over and microwave for another minute, or until heated through. Alternatively, you can heat the burritos in the oven. Remove plastic wrap and wrap burrito in foil. Place in a 250-degree oven for 25-30 minutes.

Notes on Ingredients:

- Use carrot, squash, or sweet potato puree in place of the pumpkin puree. OR omit the vegetables altogether and use 1 cup more of refried beans.
- I recommend using pinto beans for these refried bean burritos because the pinto beans pair beautifully in color and flavor with pumpkin or sweet potato. If you were to mix pumpkin with black bean puree the color would be a bit off-putting.
- To make **gluten-free bean burritos**, use gluten-free tortilla shells or corn tortillas and be sure to use homemade taco seasoning, as some store-bought blends have gluten.
- If using corn tortillas, be sure to heat the tortillas in a dry skillet for 30 seconds on each side over medium-high heat, making the corn tortilla easier to work with.
- To make **vegan bean burritos**, omit the cheese.