

# Vegetable Bean Burrito

Serves 6

3 carrots, shredded  
1 onion, finely chopped  
Vegetable oil cooking spray  
1 16-ounce can red kidney beans, drained  
1 8-ounce can tomato sauce  
1 teaspoon chili powder  
2 cups cheddar cheese, shredded, low-fat  
12 medium flour tortillas, low-fat, warmed

1. Wash and shred or chop raw vegetables.
2. Spray non-stick skillet with cooking spray. Add carrots and onion, cook until tender.
3. Add beans, tomato sauce, and chili powder. Stir and heat thoroughly.
4. Put  $\frac{1}{2}$  cup bean mixture and  $2\frac{1}{2}$  tablespoons cheese on each tortilla. Roll.
5. Serve at once.

## TIP:

- You can add other vegetables such as green peppers, lettuce, or corn.

## Nutrition Facts:

Serving size: 2 burritos (each about  $\frac{1}{2}$  cup filling); Calories: 430; Fruits and Vegetables: 1 serving; Fat: 8 g; Fiber: 11 g

