

Black Bean Burritos

Submitted By: Carrie Allison

Time: 30 min.

Instructions

1. Heat the oil in the skillet over medium heat
2. Place the onion, bell pepper, and garlic in the skillet
3. Cook for 2 minutes; stir occasionally
4. Pour drained, rinsed beans in the skillet and cook for 3 minutes
5. Add cubed cream cheese and salt; cook for 2 minutes
6. Add cilantro and serve filling in warmed tortillas

Notes:

Ingredients

- 1 can low sodium black beans (rinsed)
- 2 T vegetable oil
- 1 small onion (chopped)
- 1 bell pepper (chopped),
- 1 t minced garlic
- 3 oz. low fat cream cheese
- 1/2 t salt
- 2 T chopped cilantro
- whole grain tortillas