

Gluten Free Burrito

Easy and satisfying burrito recipe. Get creative with this one. You can substitute the dried refried beans for fresh beans or canned beans. You can even use tempeh or tofu. Either way this recipe is a meal and it is not a hassle to prepare.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 10 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

Gluten free tortilla, multigrain or whole grain	1 each - approx 9" diameter
Taste Adventure, Organic Refried Beans, Pinto	0.33 1/2 cup
White rice, steamed	0.5 cup
Avocado, black skin (hass)	0.5 each
Tomato raw (includes cherry, grape, roma)	2 cherry
Lemon juice, fresh	1 teaspoon
Salt, sea salt	1 dash
Onion, white, yellow or red, raw	0.5 small
Lettuce, romaine or cos	1 inner (small) leaf
Earth Island, Cheddar Style Slices	0.5 slice
Salsa roja cocida (cooked red salsa)	1 tablespoon

Instructions

1. Make the guacamole by adding 1/2 ripe avocado, about 2 cherry tomatoes diced (or equivalent), half a small onion diced, a few teaspoons of fresh lemon or lime juice and a dash of sea salt into to bowl. Mash avocado and mix ingredients with a fork. Set aside.
2. Make about 1/2 cup of rice as per package directions. You may not need 1/2 a cup of rice in the rice in the burrito but this way you will have enough for seconds. Or make less rice.
3. If using the dried refried beans. Use about 1/2 cup of beans and follow package directions by adding boiling water and then covering and letting sit for 5 minutes.
4. Cut the lettuce into thin strips. One to two leaves should do. Set aside.
5. Any vegan cheddar will work for this recipe. Turn oven to 350 F. Place tortilla on a cookie sheet and add cheese on top. Place in oven for only a few minutes until the cheese melts.

6. To fill tortilla, add over the melted cheese the refried beans, rice, guacamole, salsa and lettuce. Wrap the tortilla around the fillings. It will likely be messy but that is part of the fun.