

TACO & BURRITO FILLINGS (page 1)



CORN AND PEPPER SALSA

INGREDIENTS:

- 8 ounces fresh corn kernels (thaw ahead of time if using frozen)
- 2 bell peppers, finely chopped
- ½ cup red onion, finely chopped
- ½ cup cilantro, finely chopped
- 3 tablespoons fresh lime juice
- large pinch of salt

INSTRUCTIONS:

1. Dice bell peppers and onion. Roughly chop cilantro.
2. Squeeze the juice from the lime and lemon.
3. Combine all ingredients in a large bowl and stir to combine.

TIP

- Make a big batch of burritos all at once and freeze them for later. Place burritos on a sheet pan so that they are not touching. Place the pan in the freezer and once they are frozen solid, put them in a zip-top bag and pop them back in the freezer. If you individually wrap them in foil, you will have to heat them in the oven, not the microwave.

BEANS

INGREDIENTS:

- 1 small onion, red or white
- 1 (15 oz) can black or pinto beans (reserve 2 tablespoons liquid, then drain and rinse beans)
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon salt
- 2-4 more tablespoons of water

INSTRUCTIONS:

1. Dice the onion.
2. Measure out chili powder, cumin, and salt into a small bowl and whisk to combine.
3. Heat a small skillet over medium heat. Add onion and saute, stirring occasionally for about 2 minutes. Add seasoning and stir to combine. Then add beans, reserved liquid, and water. Stir to combine. Then cover the pan and cook for about 5 minutes. Remove the lid and mash with a fork.

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