



Frugal -Black Bean and Bell Pepper Wraps



Serving: 8



Cook Time: 35 mins



Level: Easy



INGREDIENTS

- 1 tablespoon olive oil
- 1 onion chopped
- 1 green bell pepper chopped
- 1 red bell pepper chopped
- 2 clove garlic chopped
- 2 15-ounce cans black beans rinsed and drained
- ½ bunch fresh cilantro (chopped) , about ½ cup
- ½ teaspoon ground cumin
- salt
- black pepper
- dash red pepper flakes
- 8 whole wheat, burrito-size tortillas
- 8 oz pepper jack cheese (shredded) (2 cups)

PREPARATION

1. In a large skillet over medium high heat, heat the oil until shimmering. Cook the onion until translucent, about 5 minutes. Add the peppers and garlic and cook, stirring, another 5 minutes. Add the black beans, cilantro, and seasonings to taste. Remove from heat and cool, if making the wraps to freeze.
2. Fill the wraps by spooning a ½ cup of the bean filling down the center of each tortilla and top with ¼ cup cheese. Roll it up, tucking in the sides as you go. If you're freezing them, as each wrap is rolled, place it in a freezer bag. If you like, you can wrap each wrap in aluminum foil or plastic wrap before placing it in the freezer bag.
3. If freezing, seal the wraps in the zip-top freezer bags, squeezing out as much air as possible. Store the bags of wraps in the freezer. Thaw them before proceeding with the recipe.

PREPARATION (CONT.)

4. Crisp the rolled wraps on a hot griddle or skillet, until the filling is hot and the tortilla is crisp. Serve immediately. Alternatively, you can just heat them in the microwave or 350 degree oven.