

Black Bean Burritos

2 T vegetable oil
1 whole sweet pepper (red, green, yellow or orange)chopped
1 onion chopped
½ t garlic powder
2 15oz cans of black beans rinsed and drained
1 14.5 oz can of petite diced tomatoes
1 8oz package of light cream cheese
1 small can of mild chopped chilies
4 burrito sized flour tortillas
fresh cilantro to taste

1. Place tortillas on plate and cover with paper towel. Microwave for 45 seconds.
2. In oil, saute chopped onion and pepper until crunchy tender.
3. Add rinsed black beans, tomatoes, chilies and garlic powder
4. Add cream cheese and stir until thoroughly mixed
5. Spoon mixture into the center of burrito and add fresh cilantro and fold.

Serve with fresh green salad for a quick and healthy meatless meal.