

Recipe Name	Black Bean Burritos		Food Groups per Serving	
Serves	50		Vegetables & Fruits	1
Serving Size	60ml		Grains	2
Total Cost per recipe	\$61.40		Milk & Alternates	0
Total Cost per serving	\$1.23		Meat & Alternates	0.5
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Olive Oil	30.00	ml	0.170	0.003
Kidney beans, canned	2.00	l	4.778	0.096
Black beans	2.00	l	5.519	0.110
Carrot	10.00	ea	0.219	0.004
Zucchini	10.00	ea	7.460	0.149
Broccoli	1.00	ea	2.490	0.050
Tomatoes, canned	2.00	l	6.005	0.120
Onion	6.00	ea	4.169	0.083
Green pepper	5.00	ea	6.578	0.132
Chili powder	30.00	ml	0.558	0.011
Garlic powder	30.00	ml	0.498	0.010
Oregano	30.00	ml	2.190	0.044
Cumin	30.00	ml	0.832	0.017
Flour tortillas, 7-inch	50.00	ea	19.938	0.399
Ensure that fresh produce is clean and bright in colour.				
1. In nonstick skillet, heat oil over medium heat, cook onions, stirring occasionally for 3 minutes				
2. Add garlic, green pepper, zucchini and carrot; cook stirring for 5 minutes. Stir in spices.				
3. Add beans; continue to cook and stir for 10 minutes more.				
4. Spread 1/4 cup (60ml) bean/veg mixture over each tortilla, leaving about 1" border.				
5. Roll up each tortilla and place seam side down in vegetable oil sprayed baking dishes.				
6. Bake in 400°F (200°C) oven for 15-20 minutes. Sprinkle with cheese (if desired) and bake for 5 minutes longer.				
7. Serve burritos with any or all of the following toppings: part skim mozzarella (or cheddar cheese) light sour cream and yogurt belnd (1/2:1/2) tomato or mild salsa sauce.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	