

# BLACK BEAN WRAP

## INGREDIENTS

- 1/2 T Extra virgin olive oil
- 1 c Onion (red) (chopped)
- 2 cloves Garlic (minced)
- 1 Pepper (red) (sweet) (diced)
- 1 can Black beans (15 oz) (drained) (rinsed)
- 2 t Cumin (to taste)
- 1 t Chili powder (to taste)
- Sea salt (fine) (to taste)



## DIRECTIONS

- 1 Prepare your desired toppings (see topping options below)
- 2 Heat a large skillet **OR** wok over medium heat
- 3 Sauté the onion, garlic & pepper in the oil for about 7-10 minutes or until the onion is translucent
- 4 Stir in the drained & rinsed black beans, cumin, chili powder & salt to taste
- 5 Continue to sauté for another 5 minutes & then spoon the mix into wraps

## TOPPING OPTIONS

Salsa, tomatoes, cilantro, avocado, cashew sour cream, green onions, corn chips, lime juice, mango or chili peppers

## NOTES

- 1 You can also serve this mix on a platter with several toppings
- 2 Lettuce or cabbage are alternatives to wraps
- 3 You can store the bean mix for up to 3 days in your refrigerator

