

Latino Burrito

Submitted by Michelle Broussard-Hanes

This recipe combines elements from the Cuban and Mexican cultures.
This is an easy way to transform leftovers. *Disfrute!* (Enjoy)

Ingredients:

3 cups of Black bean base (no rice) from Mamacita's Frijoles Negros/
Cuban Black Beans recipe
2 cups of Spicy Corn Casserole
Seasoning blend of preference
Medium size flour tortilla for each family member
1 jar of Trader Joe's low sodium Chipotle Salsa
jalapeños, optional

Directions:

Combine Cuban Black beans recipe and the Spicy Corn Casserole recipe in a large bowl. Add extra seasoning (beans can sometimes absorb spices overnight, so it is always nice to "spice things up" when you transform leftovers).

Preheat oven or toaster oven to 375-400 degrees. Spray baking sheet with non-stick spray. Place empty tortilla on baking sheet. Spread the Burrito filling down the middle of the flour tortilla and fold the "wings" towards each other. Carefully spoon the Chipotle Salsa over the burrito. Pierce through the top of the burrito with a toothpick; it will ensure the burrito maintains its shape while it cooks. Top with jalapenos slices. You really will not notice there is no cheese as the Chipotle Salsa is very tasty.

Bake until the top begins to dry up a bit and the sides turn a golden color. Very carefully, use 2 spatulas to remove off of the baking sheet so that the burrito is kept "level" as you place it on the dinner plate.

A Fruitful and Unfruitful Fast: "While fasting one ought to impart to him who does not have. For he who is fasting and does not impart to the hungry person his bread, makes his fast in vain. For fasting which does not impart is fruitless". *Eusebius of Alexandria*