

# Smothered Burritos with Roasted Corn & Red Pepper Sauce or Red Chile

Pepper Sauce Tom Lewis LB Class 2

## For the burritos:

**10 flour tortillas (or gluten-free tortilla options such as almond flour tortillas)**

## For the filling:

**2 cans organic black beans - plain**

**1 can of organic pinto beans - plain**

**2 T. coconut oil (organic/unrefined)**

**1 t. seasoned salt**

**1 t. garlic powder**

**1 t. onion powder**

**2 t. cumin powder**

**1/4 t. cayenne pepper**

**1 T. nutritional yeast**

1. Open all 3 cans of beans, drain each through a strainer, keeping the pinto beans separate from the black beans, and reserving at least 1/2 of a can of liquid from all of the drained beans. Set aside.
2. In a small bowl, combine the seasoned salt, garlic powder, onion powder, cumin powder, cayenne pepper and nutritional yeast....mix together well, set aside.
3. Place the pinto beans in a large-sized bowl with the reserved liquid from the can. Mash them with a potato masher or with a large fork until relatively smooth.
4. Add in the drained cans of black beans and the 2 T. of coconut oil.
5. Stir in the dry seasonings, mix well and place in the microwave for 2-3 minutes just to warm the mixture and melt the coconut oil. Remove, mash the mixture a little bit more, stir thoroughly, set aside to cool.
6. While the bean filling is cooling, spray a 9 x 13 casserole glass baking dish with nonstick spray.
7. Grab a tortilla, place about 3 T. of the bean mixture in the lower 1/3 of the tortilla, roll into a small burrito, place in the pan with the seam down. Allow for adequate spacing. You can add less bean filling to each tortilla if desired, to make a larger amount but smaller portion size burritos. Adjust to your whim, or the crowd you're serving!

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## **Roasted Corn & Red Pepper Sauce**

**2 cans organic corn - plain**

**1 can coconut milk**

**1/2 c. chopped red onion**

**3/4 c. roasted red peppers**

**1 small can green chiles**

**2 T. minced garlic or 3 cloves finely chopped garlic**

**1/2 t. seasoned salt**

**1/2 t. cumin powder**

**1 T. dried cilantro or fresh, chopped cilantro**

**3 T. nutritional yeast**

1. Prepare your blender.
2. Open both cans of corn and drain through a strainer, separately into two different bowls, saving at least 1/2 can of the reserved liquid.
3. With a can of coconut milk being warmed to room temperature, shake can vigorously to thoroughly mix the coconut milk.
4. Open can of coconut milk and add all of it into the blender being sure to scrape out every bit of the milk.
5. Add one of the cans of corn you set aside into the blender.
6. Add the seasoned salt, cumin powder, cilantro and the nutritional yeast into the blender.
7. Blend on slow speed at first, ramping up to medium speed. Blend until smooth. You should see it still spinning in the blender, if it is not spinning you can add a little bit of the reserved corn liquid until you see it spinning. We are looking more for a thick sauce instead of a runny batter. Let rest in blender.
8. In a large, deep non-stick frying pan, add about 2 T. of olive oil, place the remaining can of corn you set aside, the chopped red onions, garlic and roasted red peppers. Fry these up until they get a little bit golden brown.
9. Remove frying pan from heat and stir in the small can of green chilis. Drain them first if they are excessively wet.
10. Turn your blender back on low for just a few seconds to get the mixture to move around a little bit. Once again we are looking for a thick sauce consistency. If it is too thick add a little bit more of the reserved corn water and spin it around a little bit more.
11. Take the blender and dump the entire contents into the fry pan mixing thoroughly with the roasted corn and veggies.
12. Pour the entire contents over 10 prepared burritos, as before, in a 9 x 13 glass baking dish lightly sprayed with non-stick cooking spray. It will seem like a lot of sauce but be sure to pour in the entire amount! Unless of course it is flowing over the sides of your pan!
13. Bake at 350° 30-40 minutes until the sauce turns to a golden brown and is almost a consistency like cornbread. Let it cool for 10 minutes, serve it up, and eat it up!

## **Red Chile Pepper Sauce**

**1 can (15 oz.) organic tomato sauce - plain**

**2 cans (10 oz.) Las Palmas (or other) enchilada sauce (mild)**

**1 t. garlic powder**

**1 t. onion powder**

**1 t. cumin powder**

**1 can medium black olives, sliced**

**Taste test for spicy heat--add pinches of cayenne or red chile pepper if you like more spice**

Combine all ingredients in a large bowl---pour over prepared burritos. Bake at 350° for 30-40 minutes until bubbling around edges. Cool for 10 minutes. Plate, and enjoy!

### **Did You Know?**

Webmd.com

**Cumin** contains compounds called flavonoids that work as antioxidants in the body.

Antioxidants can help neutralize unstable particles called free radicals that cause cell damage.

By neutralizing these particles, antioxidants can help prevent diseases like cancer, heart disease, and high blood pressure.

Cumin is also a good source of:

Vitamin A

Calcium

Iron

### **What Makes Garlic Healthy?**

Most of the credit goes to allicin, the oil that gives garlic its sulfurous flavor and smell. It's also antibacterial. But garlic has more than 40 other healthy compounds, such as arginine, oligosaccharides, flavonoids, and selenium. Experts say any of them, or mixtures of them, could be why garlic supports good health.

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## Taco Salad

Recipes by Marla Danielson

LB class 2

- Fresh lettuce
- Grated vegan cheddar cheese
- Fresh Roma tomatoes, chopped
- Your favorite chips, crumbled or tortilla strips
- Taco Salad Dressing

Toss 1<sup>st</sup> three ingredients together. Just before serving add warm **Lentil Taco Meat** and chips, garnish with fresh avocados and serve with **Taco Salad Dressing**.  
**Optional add-ins:** finely chopped celery, sliced olives, green onions, peppers.

## Lentil Taco Meat

- ¼ c. fresh onion, chopped
- ¼ c. fresh carrot, finely chopped
- 1 small garlic clove, finely chopped
- ¾ c. cooked lentils, drained and rinsed
- ¼ c. walnuts or pecans, finely chopped (opt.)
- Salt to taste

Sauté 1<sup>st</sup> three ingredients in a bit of olive oil until onion and carrots are softened. Add lentils (mash with fork in pan) and nuts (opt.) and continue sautéing for a few minutes. Add salt to taste. Add to **Taco Salad**.

**Taco Salad Dressing**----whisk together 1/3 c. vegan mayo, ¼ c. tomato sauce (no salt added), 2 t. agave, 1 t. fresh lime juice, ½ t. onion powder and 1 ½ T. **Homemade Taco Seasoning**. Thickens in fridge, thin with water or plant-based milk as desired.

**Homemade Taco Seasoning**----stir together 1 T. paprika, 1 t. each: cumin, onion powder, oregano, ½ t. garlic powder and ¼ t. salt

## Mexican Rice

Recipes by Lulú Galvan Juárez

LB Class 2

- 1 c. long grain rice
- 4 T. cooking vegetable oil or canola oil
- 1 clove of garlic
- ½ c. canned tomato sauce
- ½ t. salt
- 3 c. vegetable broth or water

First, rinse the rice until the water is clear, then dry with a paper towel. Then add oil to pan.

Next, put the rice and the clove of garlic in pan and toast until golden brown. (If necessary, drain the oil.)

Finally, add the remaining ingredients into the same pan and cover it with a lid. Let it cook for 18 minutes on low heat.

## Creamy Green Salsa

- 3 Tomatillos
- ½ of Jalapeno (opt.)
- 1 clove of garlic
- ¼ of small onion
- ½ t. of salt (Himalayan)
- 1 T. olive oil, or vegetable oil
- 1 c. water

Cook everything together and stir, cover until well-done before blending.

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## Blackberry Cobbler

Marla Danielson

LB class 2

- 4 c. frozen or fresh blackberries (may use part blueberries)
- 1 c. water
- ¼ c. maple syrup
- 3 T. cornstarch mixed with 3 T. water
- 1-2 T. sugar
- ¾ c. brown rice flour
- ¼ c. blanched almond flour
- 3 T. sugar
- 1 t. baking powder
- ½ t. salt
- 1 t. oil
- ½ c. milk (any plant-based milk—oat, rice, almond, coconut)

Place blackberries, water and maple syrup in kettle and bring to a boil. Remove from heat and stir in cornstarch slurry and 1-2 T. sugar, to taste. Pour into extra-large pie dish or 8 x 8 dish. Make soft batter by mixing all dry ingredients and adding wet ingredients. Drop by small spoonfuls over berries. Mix ½ T. sugar and ¼ t. cinnamon and sprinkle over top. Sprinkle 1-2 T. finely chopped pecans on top (opt.) Bake in 350° oven for 30 minutes until berries are bubbling. It thickens more as it cools. **Serving suggestion:** serve topped with plant-based ice cream and candied pecans!

**Candied Pecans**---in small frying pan, mix 1 T. each: maple syrup, brown sugar, 1 t. water, ¼ t. each: cinnamon, salt. Cook over medium heat for 1-2 minutes until it thickens and bubbles. Add 1 c. pecan pieces, mix well and cook another 5 minutes on lowest heat (no need to stir). Transfer to oven and bake at 250° for 45 minutes. Let cool and break into pieces and enjoy!

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