



Vegan Burritos

4 Servings

Ingredients

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|-----------------------------|-----------------|--------------------------|-------------|
| Corn or vegetable oil | 1 Tbs. | Ground white pepper | ½ tsp. |
| Carrots, peeled and diced | ½ cup | Salt | ¼ tsp. |
| Celery, diced | ½ cup | Morningstar Farms Burger | |
| Onions, diced | ½ cup | Crumbles | 6 ounces |
| Garlic | 1 clove, minced | Raisins | 2 Tbs. |
| Green pepper, thinly sliced | ½ pepper | Whole kernel corn, | 2 Tbs. |
| Red pepper, thinly sliced | ½ pepper | fresh or frozen | |
| Ground cumin | ½ tsp. | Fresh cilantro, chopped | 2 Tbs. |
| Chili powder | ½ tsp. | 10" flour tortillas | 4 tortillas |

Cooking

1. Preheat oven to 350°
2. Heat the oil in a large skillet and sauté carrots for one minute. Add the celery, onions and garlic and sauté until onions become translucent.
3. Add green and red peppers, cumin, chili powder, pepper, salt, burger crumbles and sauté only long enough to cook peppers al dente.
4. Remove from heat and place all ingredients into large mixing bowl.
5. Add corn, raisins and cilantro and mix thoroughly.
6. Place tortilla on a flat clean surface and place ¼ of the filling in the center. Fold sides toward the center until they touch. Roll filled tortilla from front to back assuring that final fold results with a seam on the bottom.
7. Place in an oiled baking dish and bake about 30 minutes or until thoroughly heated.
8. Remove burritos from oven and spoon ¼ cup salsa over each burrito. Sprinkle with additional chopped cilantro if desired.
9. Makes 4 burritos.

From Steve Meyers, Executive Chef of UM Residential Dining Services