

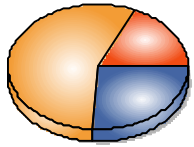


## Super Burrito

By: Modified by Dr. Jez from Dr Walford

Recipe grams: 2155.22g/76.0oz

Serves 4 538.80g/19.0oz per serving



Protein: 35%  
Carbohydrates: 39%  
Fat: 26%

### INGREDIENTS

1/2 cup BLACK TURTLE BEAN, CANNED  
2 clove GARLIC, RAW  
1/2 cup CHILI PEPPER, RED, CANNED  
2 cups CORN, YELLOW, WHOLE KERNEL  
2 small RED PEPPER, SWEET, RAW  
2 small GREEN PEPPER, SWEET, RAW (BELL)  
4 tbsp CHIVES, FREEZE DRIED  
1 cup ONION, RAW  
2 medium CUCUMBER, PEELED, RAW  
10 sprigs CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)  
8 tortillas Tortilla, Low Carb  
12 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT/SKIN  
2 plum-tomatos TOMATO, RED, RIPE, RAW

### DIRECTIONS

Additional ingredients: 3 tblsp ground cumin, 2 tsp coriander seed, 1 tsp chili powder

Mince the garlic. Chop the red and green peppers coarsely. Mince the onion.

Puree the beans with their liquid along with the garlic and chili in a food processor or mash with a fork.  
If desired: To make refried beans: generously spray a nonstick skillet with olive oil. Add the refried beans and place over medium heat. Mix in the cumin and coriander seed. If you like spicy food, add some dried hot pepper flakes. Stir the beans frequently, turning the batter from the bottom to the top. In a good nonstick skillet it will turn crusty without sticking. As the liquid in the beans dries out, slowly add some broth. "Refr" the beans for 15 minutes.

Shred chicken

Mix the cucumber and cilantro and set aside.

Salsa: Spray a nonstick skillet with olive oil. Add the corn, red and green pepper, scallions and chili powder. Cover and cook over low heat for 5 minutes, or until peppers are cooked crisp, not soft. Stir often. Remove from heat and stir in onion and tomato.

Spoon a rounded 1/3 cup of beans into each tortilla. Follow with meat, cucumbers, and a generous serving of salsa. Carefully roll the burrito up as tightly as possible. Serve with extra salsa.

Serving size - 2 burritos

Leftovers.. Combine chicken with salsa. Spread tortillas with bean mixture. and wrap. To serve, open, fill and re-wrap.

### Nutrition Facts

Serving Size: 1 serving (538.8g)  
Servings: 1

#### Amount Per Serving

Calories 440 Calories from Fat 130

% Daily Value\*

**Total Fat** 14g **20%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 70mg **25%**

**Sodium** 1080mg **45%**

**Total Carbohydrate** 47g **15%**

Dietary Fiber 15g **60%**

Sugars 10g

**Protein** 42g

Vitamin A 90% • Vitamin C 220%

Calcium 6% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.