



Recipes

Beans

Black Bean Lettuce Wraps (vegan)

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

2 cups cooked or canned black beans, drained and rinsed
1/2 large ripe avocado, peeled, pitted and mashed
1/2 medium green bell pepper, seeded and chopped
3 green onions, chopped
1/3 cup chopped fresh cilantro
1/3 cup mild, salsa
2 tablespoons fresh lime juice
1 clove garlic, minced
1 teaspoon ground cumin
8 large romaine lettuce leaves

Directions:

1. In a bowl, mash the beans and avocado together with a fork until well blended and only slightly chunky.
2. Add all the remaining ingredients except the lettuce and mix.
3. Place approximately 1/4 cup of the mixture in the center of each lettuce leaf and roll up like a burrito.