Four Grain-and-Vegetable Burritos

Vegetarian Very Healthy

READY IN	SERVINGS	CALORIES
45 min.	10	617 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 3 cups carrots chopped
- [ ] 1 cup celery chopped
- [ ] 1 tablespoon chili powder hot
- [ ] 1 cup black beans dried
- [ ] 10 10-inch flour tortillas ()
- [ ] 4 garlic cloves minced
- [ ] 2.5 ounces gouda cheese smoked shredded
- [ ] 1 teaspoon ground cinnamon

- [ ] 1 teaspoon ground coriander
- [ ] 2 teaspoons ground cumin
- [ ] 1.5 cups leek chopped
- [ ] 1 cup lentils uncooked
- [ ] 1 leaf lettuce shredded
- [ ] 1 cup mushrooms finely chopped
- [ ] 2 tablespoons olive oil
- [ ] 1.5 cups onion chopped
- [ ] 0.5 cup pearl barley uncooked
- [ ] 0.3 teaspoon pepper
- [ ] 0.5 cup raisins
- [ ] 1 cup bell pepper red chopped
- [ ] 1 cup rice medium-grain uncooked
- [ ] 1.3 cups commercial peach salsa
- [ ] 0.3 teaspoon salt
- [ ] 0.7 cup cup heavy whipping cream fat-free sour
- [ ] 2 cups tomatoes chopped
- [ ] 3 cups vegetable broth canned divided

Equipment

- [ ] dutch oven

Directions

- [ ] Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans. Cover; let stand 8 hours.
- [ ] Drain.
- [ ] Heat oil in Dutch oven over medium heat.
- [ ] Add carrot and next 5 ingredients (carrot through celery); saut 5 minutes.

- [ ] Add beans, 1 1/2 cups broth, chili powder, and next 4 ingredients (chili powder through garlic). Cover; cook 5 minutes.
- [ ] Add remaining 1 1/2 cups broth, rice, lentils, barley, raisins, salt, and pepper; bring to a boil. Reduce heat; simmer 25 minutes. Stir in tomato; set aside.
- [ ] Warm tortillas according to package directions. Spoon 1 cup bean mixture down the center of each tortilla. Top each with 1 tablespoon cheese and shredded lettuce; roll up.
- [ ] Cut each burrito in half diagonally; place 2 burrito halves on a plate; serve with 1 tablespoon sour cream and 2 tablespoons salsa.
- [ ] Note: You can substitute two (15-ounce) cans black beans, drained, for 1 cup dried beans and omit step 1, if desired.

Nutrition Facts

PROTEIN **14.2%** FAT **16.85%** CARBS **68.95%**

Properties

Glycemic Index:61.52, Glycemic Load:33.62, Inflammation Score:-10, Nutrition Score:37.426086959632%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.59mg, Delphinidin: 3.59mg, Delphinidin: 3.59mg, Delphinidin: 3.59mg Malvidin: 2.06mg, Malvidin: 2.06mg, Malvidin: 2.06mg, Malvidin: 2.06mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 616.89kcal (30.84%), Fat: 11.71g (18.02%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 107.83g (35.94%), Net Carbohydrates: 90g (32.73%), Sugar: 10.73g (11.92%), Cholesterol: 9.46mg (3.15%), Sodium: 1208.5mg (52.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.4%), Vitamin A: 8043.65IU (160.87%), Folate: 343.09µg (85.77%), Manganese: 1.55mg (77.51%), Fiber: 17.82g (71.29%), Vitamin B1: 0.96mg (63.73%), Phosphorus: 466.95mg (46.7%), Iron: 7.71mg (42.84%), Selenium: 29µg (41.43%), Vitamin C: 31.65mg (38.36%), Vitamin B3: 7.16mg (35.78%), Potassium: 1150.16mg (32.86%), Copper: 0.59mg (29.54%), Magnesium: 117.64mg (29.41%), Vitamin B6: 0.58mg (28.91%), Vitamin B2: 0.47mg (27.94%), Vitamin K: 29.23µg (27.84%), Calcium: 267.14mg (26.71%), Zinc: 3.28mg (21.89%), Vitamin B5: 1.54mg (15.38%), Vitamin E: 2.09mg (13.9%),

Vitamin B12: 0.16µg (2.65%)