

# Black Bean and Butternut Squash Burritos



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By Angela Liddon:

## Really delicious burritos.

These burritos have a kick of heat to them (that you can control yourself) and a light sweetness thanks to the butternut squash. The filling is so good you may want to eat it by itself! Use it to sprinkle on salads or as a dip for crackers in addition to making burritos. You could also try using sweet potato or pumpkin as a way to change up the butternut filling.

## Ingredients:

1 medium butternut squash, peeled, cubed, & roasted  
1/2 cup uncooked short grain brown rice (yields: 1.5 cups cooked)  
1-2 tsp olive oil  
1 cup chopped sweet onion  
2 garlic cloves, minced  
1 red pepper, chopped  
1 tsp kosher salt, or to taste  
2 tsp ground cumin, or to taste  
1/4 tsp cayenne pepper, or to taste  
One 15-oz can black beans (about 1.5-2 cups cooked), drained and rinsed  
3/4 cup Daiya cheese  
4 tortillas wraps (large or x-large)

## **Toppings (Optional):**

avocado  
salsa  
vegan sour cream  
spinach/lettuce  
cilantro

## **Directions:**

1. Preheat oven to 425°F and line a large glass dish with tinfoil. Drizzle olive oil on squash and give a shake of salt and pepper. Coat with hands. Roast chopped butternut squash for 45 mins. or until tender.
2. Cook brown rice.
3. In a large skillet over medium-low heat, add oil, onion, and minced garlic. Sauté for about 5 minutes, stirring frequently. Now add in salt and seasonings and stir well.
4. Add chopped red pepper, black beans, and cooked rice and sauté for another 10 mins. on low.
5. When butternut squash is tender remove from oven and cool slightly. Add 1.5 cups of the cooked butternut squash to the skillet and stir well. You can mash the squash with a fork if some pieces are too large. Add Daiya cheese and heat another couple minutes.

6. Add bean filling to tortilla along with desired toppings. Wrap and serve. Leftover filling can be reheated the next day for lunch in a wrap or as a salad topper