

Loaded Tex-Mex Burritos

Ingredients

1

LeafSide Tex-Mex Savory-Bowl

1

avocado

1 can

pinto beans (15 oz.)
(recommend unsalted)

2

tortillas

as desired

salsa of choice

Take your traditional Tex-Mex savory bowl to a new level by wrapping it up in a tortilla along with your favorite burrito fillings.

This recipe is ridiculously easy, and perfect for a quick lunch at the office or for a satisfying dinner after a long day. With just 15 minutes and almost zero effort you can enjoy Loaded Tex-Mex Burritos packed with powerful flavors and nutrients from beans, grains, & spices.

Makes 2 Servings

PREP TIME: 15 minutes • COOK TIME: 0 minute

♦ **Tools Needed:** microwave

1. Prepare LeafSide's Tex-Mex Savory-Bowl as directed.
2. While the meal steeps, slice avocado.
3. Heat beans in microwave.
4. Warm tortillas wrapped in damp paper towels in microwave for 20-30 seconds each side.
5. Fill tortillas with Tex-Mex, beans, and avocado. Wrap into a snug burrito and serve with salsa as desired.

Other suggested fillings: cabbage, baked sweet potatoes, green onions, tomatoes, bell peppers, jalapeno, zucchini, yellow squash, quinoa, black beans.



Unique Whole Plant Foods



Turn these ingredients into a bowl by simply adding your favorite grain or potatoes.

Take a Chill-Pepita

An increasing number of studies show that plant-based diets can significantly improve our moods. Pepitas, in particular, can naturally boost serotonin levels in your brain, the hormone associated with well-being and happiness. ⁵ They're also rich in zinc, a mineral that's essential for our immune systems to fully function. Try them as a snack, or if available, as a spread!



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