## **Black Bean Open-Face Burritos**

Mary Choate, Arvada, CO

Servings: 2

## Ingredients:

1 Tablespoon extra virgin olive oil

1 cup chopped scallions, leeks, or onions

2 garlic cloves, minced

1/2 teaspoon ground cumin seeds

2 large "beefsteak" tomatoes or 4 regular tomatoes

1 bell pepper (optional)

2 cup cooked rice

2 cup fresh black beans (or 1 can (15 oz) "no salt added" canned black beans)

1/4 c. shredded or crumbled Colorado cheese of your choice

2 10- or 12- inch tortillas, or 4 8- inch tortillas (corn or flour) such as Colorado's La Favorita

## **Instructions:**

Chop the tomatoes into approximately 3/4 inch chunks, and if desired cut the bell pepper into strips after removing the seeds. Heat the olive oil in a skillet. Add the scallions and garlic. Cook the scallions until they are almost soft. Add the cumin, stir once, then add the tomatoes. Cook until the tomatoes start to soften and fall apart. Stir according to your preference: stirring frequently will turn the tomatoes into almost a paste; stirring infrequently will result in a chunkier sauce. While this cooks, move on to the next steps. Remove the tomato topping from heat if done before everything else is ready, or keep warm over low heat. At the same time, in a separate skillet or pot, heat the black beans. At the same time, prepare the rice according to the package instructions. When the tomato topping, rice, and beans are all ready, assemble them on the tortillas with cheese, if desired. Assemble like a pizza, spreading each ingredient evenly across the tortilla, instead of rolling it up.

## Wine Pairing:

Instead of wine, I would recommend a glass of Colorado cherry or apple cider.