

Bean Burritos

By Mary McDougall

I have discovered over many years that the beans have a different taste if they are cooked in a slow cooker. This is the way I make them most of the time, and the way I serve them to guests. I do cook them in a pressure cooker or on the stove occasionally, but they just don't have the same long-cooked flavor. My family has been eating this meal for years and it is my most requested dinner, by family and friends. It is easy to serve to any number of people, because everyone makes their own burrito, adding as much or as little of the toppings as they wish.

Serves: at least 10-12

Prep Time: 15 min

Cook Time: 480 min



Ingredients

Beans:

2-3 Cups Dry pinto beans

2 Inches Over Beans Water

1 Large onion, coarsely chopped

4-6 Whole cloves fresh garlic

OR

45-60 ounces oil-free dehydrated or canned refried beans

Guacamole:

4 Avocados, mashed

1/8 Cup Chopped green chilies (canned)

1 Tomato, chopped

Squeeze of fresh lime juice

Dash Tabasco sauce

Enchilada sauce:

8 Ounce Can Tomato sauce

1 1/2 Cups Cold water

1 - 1 1/2 Tbsp Chili powder

2 Tbsp Cornstarch

1/4 Tsp Onion powder

1/8 Tsp Garlic powder

Corn or flour tortillas

Directions

- 1 **Beans:** Place beans in a slow cooker (Crock-Pot), cover the beans with at least 2 inches of water. Add the remaining ingredients and cook for 8 – 10 hours on high. Pour off almost all of the water that remains after cooking (save for another use, if desired) and mash with an electric hand mixer or a hand held bean masher. (The onion and garlic will be soft enough to mash with the beans.) Season with a little salt, if desired.

Hint: There will be beans left-over when you make this amount. They may be refrigerated for about 5 days or put them in the freezer for later use. I always make a lot of these and use the left-overs for [Bean and Corn Enchiladas](/recipes/bean-and-corn-enchiladas/), Mexican Pizza or another meal of burritos for lunch later in the week.

- 2 **Guacamole:** Combine all ingredients in a bowl and mix well. Hint: This is a high-fat treat. If you are trying to lose weight or regain your health, it would be best to avoid this on your burrito. It is nice to have

this available for guests, though. You only need a small amount to add a lot of flavor to your burrito.

Note: This recipe makes a large quantity. You can cut it in half if you would like less leftovers.

- 3 Enchilada sauce: Combine all ingredients in a small saucepan and mix with a whisk. Cook and stir over medium heat until thickened, about 5 minutes. Serve warm.
- 4 Toppings: chopped onion, chopped tomato, shredded lettuce, alfalfa sprouts, assorted fresh salsas.
- 5 Place all ingredients in individual bowls and place on a serving counter or table. Let each person take a tortilla, warm it on a dry non-stick griddle if they wish, and then layer it with all the ingredients that they like. For example: tortilla, beans, guacamole, onions, tomatoes, lettuce and salsa. Then if they want a “wet” burrito, fold over the burrito shell and ladle on some warm enchilada sauce.