

THE VEGGIE BURRITO

Once again, I am not a vegetarian. Looking back in my notes, this was another one of those “What to do for dinner tonight?” things. And it was a “I’ve got some leftovers too” You know what? This turned out REALLY freaking good! Nice and light, but filling at the same time. This does not take that long to make either (well, relatively compared to the other stuff I make anyways). I am not quite sure how many this makes, but I think it is at least 4; I ate for several days on these!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	10 in Flour Tortilla
175	ml	Basmati
1	TBSP	Land o’ Lakes Salted Butter
AR	-----	Light Olive Oil
1	Medium	Sweet Onion
4 – 5	-----	Scallions
2	Largish Cloves	Garlic
1 ½	Cup	FROZEN Yellow Corn
1	15 oz Can	Pinto Beans
1	Mediumish to Large	Beefsteak Tomato
1	TBSP	Double Concentrated Tomato Paste
3/4	TSP	Ground Cumin
AR	-----	Morton’s Kosher Salt
AR	-----	Fresh Ground Black Pepper
2	-----	Haas Avocados
1	-----	Medium Lime

I really like the La Banderita Extra Large Flour Tortillas. They taste great and keep forever. Look for them in the “International” aisle of you grocery store. If you are feeling a bit more adventurous make your own!

175 ml is the size of my rice cooker cup

If you don’t have or like Basmati (HOW CAN YOU NOT LIKE BASMATI?!?!?!?), any medium to long grain white rice should work

The corn.... If you want fresh, 3 medium small to mediumish cobs should give you around 1 ½ cups of kernels which is about the same as (Qty. 1) 15 oz can of yellow corn drained

I am still storing my tomatoes out at room temperature. I am surprised how well they keep. No fresh tomatoes? A 15 oz can of diced tomatoes with no salt added should work!

The tomato paste... I love the tomato paste in a tube. It is FANTASTIC! You can squeeze out just the amount you need unlike those cans. I highly recommend giving this a try

Insert standard blurb about butter here

SPECIAL TOOLS

- Convection toaster oven [ix]

PREPARATION

- 1) Rinse and de-paper sweet onion. Remove the outer layer if it is too funky
- 2) Dice the sweet onion and set aside
- 3) Rinse the scallions and remove any funky or dry bits
- 4) Thin slice the scallions, split into whites and greens and set aside
- 5) Depaper the garlic cloves, mince and set aside
- 6) Rinse and core the tomato [iv]
- 7) Dice the tomato and set aside [iv]
- 8) Add enough oil to a stainless steel fry pan to coat the bottom
- 9) Heat oil until it shimmers [i]
- 10) In the meantime, rinse the rice [ii]
 - a. Add rice to a pot and cover with 2 – 3 times its height with water
 - b. Swirl and gently massage the rice
 - c. Dump out water
 - d. Repeat steps 2 and 3 five times or until the water runs clear
 - e. Add rice to the rice cooker pot
- 11) Once the oil is shimmering, add the sweet onion to the pan and set timer for 5 minutes. DO NOT STIR!!!
- 12) Reduce heat and stir.
- 13) Cook, stirring occasionally, to light-to-medium caramelization
- 14) While the onions are cooking, add the rice to the rice cooker pot and fill to the appropriate line with water
- 15) Set the rice cooker to normal/regular [iii]
- 16) Drain the can of pinto beans through a strainer over a 1 quart measuring cup
- 17) Spread the corn over a strainer on a 1 quart measuring cup to thaw [v]
- 18) Once the onions have reached light-to-medium caramelization, add in the scallion whites and garlic. Continue to cook and stir occasionally until it all takes on a bit more color, but don't let the garlic burn!
- 19) When the rice cooker is done, add the butter and close the lid
- 20) Let the butter melt (a minute or two)
- 21) Gently fluff / stir the rice with a wood spoon or silicon spatula until the butter is well incorporated
- 22) Add the tomato paste to the rice and gently fluff / stir the rice with a wood spoon or silicon spatula until it is well incorporated
- 23) Gently stir in the onions, garlic, etc into the rice until well incorporated
- 24) Gently stir in the tomatoes, corn, and beans a little bit at a time until well incorporated
- 25) Stir in the ground cumin

- 26) Salt and pepper to taste [viii]
- 27) Close the rice cooker lid and let sit on warm for at least 10 minutes [vi]
- 28) Rinse and juice the lime [vii]
- 29) Rinse the avocados, slice in half, and remove the pit
- 30) Scoop out the flesh with a big spoon
- 31) Thin slice the avocados.
- 32) Put a layer of slices in a flat bottom Tupperware container and sprinkle with lime juice
- 33) Continue to add layers, sprinkling each one with lime juice for the rest of the avocado slices
- 34) Place the toaster oven rack in the middle position and preheat the toaster oven to 350 deg. F
roast with convection
- 35) Measure out 1 cup of the rice and veggies mixture and spread over the bottom two thirds of
the tortilla to within about a centimeter of the edge [x]
- 36) Sprinkle on scallion greens
- 37) Place the slices from ½ of an avocado over top
- 38) Fold in the sides a little and tightly (but not too tightly!) roll the burrito, folding in the sides
as needed as you go
- 39) Lightly grease a ¼ sheet pan with LVO and place the burrito flap side down on it
- 40) LIGHTLY brush the burrito with LVO and place in the toaster oven for 10 minutes
- 41) Pull the burrito from the toaster oven and let cool for a couple / few minutes and...
- 42) ENJOY!!!

CLOSING THOUGHTS

I LIKE THIS ONE! This is perfect for lunch and dinner and, let's face it breakfast too. I am really looking forward to making this again, BUT I have other food experiments to do!

NOTES

- i. Start out around medium. If it starts to smoke, turn the heat down. If it is not shimmering, turn the heat up!
- ii. You can skip this step if you are in a hurry. I think it makes a difference, but I don't know if I could tell the difference in a blind taste test
- iii. Mine takes 43 minutes
- iv. If you are using the canned diced tomatoes, drain them through a strainer into a quart measuring cup
- v. If you are using the canned corn, drain them through a strainer into a quart measuring cup
- vi. Longer is OK if you get distracted by shiny objects like I do
- vii. One mediumish lime yields about 2 oz. of juice
- viii. I don't think and salt is needed, but a few twists of the good ol' pepper mill will give it a bit more zip
- ix. OK, you really don't NEED and toaster over with convection, but they heat up so much faster than a regular oven and are the perfect size for burritos
- x. I think 1 cup is a nice balance for a stuffed vs over stuff burrito, but if you want more, add more!