

Homemade Refried Bean Cheese Burrito Recipe (Vegetarian)



Refried Bean Burrito

Homemade Refried Bean Cheese Burrito Recipe Vegetarian is one of our favorite lunch which I make often at home. They are very easy and quick to make dish if you have cooked beans or canned beans at home with extra little preparations like chopping up a few toppings. Whenever we go for trip during weekends, one drive through I love to eat is Taco bell. I always buy taco bell's bean burrito or 7 layer burrito with fiesta potatoes for lunch, they were so good and yummy in taste. But I am proud to say that my husband makes best vegetarian Mexican dishes at home. He actually made this bean

and cheese burrito for me, I really enjoyed for dinner they are great in flavors, cheesy, filling and delicious ☐ We always cook Mexican dishes when our friends visit our home.

I have given the recipe for how to cook re-fried beans below. All you need is pinto beans, chipotle chilly, onion, garlic and salt. If you don't get chipotle chilly thats fine, it actually adds smoky note to the dish. You can find pinto beans in Mexican store in US, if you are in India, you can get them in Nilgiris or replace it with rajma or chickpeas to make vegetarian burrito. If you eat burrito for lunch, add some handful of cooked rice and guacamole that makes you filling. Bean burrito is a perfect lunch box dish and for picnic or get together, to-go just just wrap it with aluminium foil or use sandwich bags.

How to make Homemade Refried Bean Cheese Burrito Recipe (Vegetarian)

Homemade Refried Beans & Cheese Burrito Recipe (Vegetarian)



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Prep time

10 mins

Cook time

15 mins

Total time

25 mins

Homemade Refried beans cheese burrito recipe (Vegetarian) is a delicious, easy and quick to make perfect weeknight meal. Use rajma or chickpeas to make vegetarian burrito.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Mexican

Serves: 2

Ingredients

- 2 Whole Wheat Tortillas
- 1 Cup of Cooked Re-Fried Beans, Mashed
- $\frac{1}{2}$ Cup of Sharp Cheddar Cheese, Shredded
- $\frac{1}{4}$ Cup of Salsa (Store-bought or homemade)
- $\frac{1}{2}$ Red Onions, Finely Chopped
- Few Jalapenos, Chopped
- Few Black Olives, Chopped, optional
- Salt to taste
- To make Refried Beans
- 2 Cups of Dried Pinto Beans or use kidney beans (Rajma)
- 2 Cloves of Garlic
- $\frac{1}{2}$ Onion (Big)
- 2 Tbsp of Olive Oil
- 1 Chipotle Chilly
- 7 Cups of Water
- 1 Tsp of Salt

Instructions

1. First is the making of refried beans (frijoles refritos in spanish). Soak the beans in water for overnight. Cooking from the scratch, mildly seasoned with couple garlic cloves and a piece of onion, salt and pinto beans was fried in oil, then add water and wait for rolling boil temperature. Later this was transferred to cooker and leave it for 10 whistles or if you are using crock pot (slow cooker) and set in high and cook it for 4 hrs. 1 Chipotle chilly can be added for extra smoky spicy

kick. Once it done, take the required beans and grind it in blender.

2. Heat the pan with little oil, add the ground beans then fry it for 10 mins. Allow it to cool for few mins. Your re-fried beans are ready.
3. Assembling
4. Place the tortilla on a large microwavable plate. Microwave it for 30 secs to steam the tortillas.
5. Spoon the required bean mixture onto center of each tortilla.
6. On top of that add salsa, onions, black olives and jalapenos. If you have sour cream or guacamole add that too.
7. Sprinkle some cheese on top and fold the two sides of the tortilla and serve immediately with extra salsa, if desired.
8. Repeat the same procedure for the rest of the tortilla.
9. Homemade refried bean cheese burrito is ready to eat.

Notes

If you dont get pinto beans in your place, use rajma also called kidney beans or black beans or chickpeas.

If you are using canned beans, just grind it and saute it in oil for few mins then use it. Some canned beans are not cooked well so pressure cook it few whistles before you eat, this is done to avoid stomach disturbances.

You can use any kind of cheese to sprinkle on top.

For some more flavor add sour cream or guacamole, lettuce and green onion.

You can also add rice, if you are going to have burritto for lunch.

Here I used whole wheat tortilla, you can use flour tortilla or corn tortilla or even chapathi.

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Homemade Bean & cheese Buritto

Tags: [bean & cheese burrito recipe](#), [homemade bean cheese burrito recipe vegetarian](#), [homemade refried bean cheese burrito recipe](#), [refried bean burrito recipe](#), [how to make refried bean burrito recipe](#), [bean burrito recipe](#), [burrito recipe](#), [cheese burrito recipe vegetarian](#)

[Sprouts Veg Fried Rice Recipe](#)

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Fried Rice

Sprouts veg fried rice recipe is an easy, healthy vegetarian lunch dish can be done quickly at home. All you need is cooked rice, veggies and green gram sprouts. You can use any vegetables of your choice, even you can use mixed sprouts if you have in hand. I usually make [chinese fried rice](#) or [japanese style fried rice](#) or [vegetable fried rice](#) or [chinese egg fried rice](#) for lunch. Since I have some [homemade green gram sprouts](#) in fridge, I prepared in the same way of veg fried rice. You don't need any side dish for this rice, just potato chips or ketchup is enough. You can pack this sprouts rice for lunch box for kids or adults or get together.

How to make Sprouts veg fried rice recipe

Sprouts Veg Fried Rice Recipe



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Prep time

20 mins

Cook time

15 mins

Total time

35 mins

Sprouts veg fried rice recipe is an easy, healthy vegetarian lunch dish made from rice, veggies and sprouts. You can pack this kids lunch box.

Author: gayathri ramanan

Recipe type: rice

Cuisine: Indian

Serves: 2

Ingredients

- 2 Tsp of butter
- 2 Tsp of Oil
- $\frac{1}{2}$ Red Onion, sliced

- 1 green chilly
- 2 Garlic Cloves, Chopped
- 10 Baby Carrots, Chopped
- $\frac{1}{2}$ Yellow Capsicum, Chopped
- $\frac{1}{2}$ Orange Capsicum, Chopped
- $\frac{1}{2}$ Green Capsicum, Chopped
- 2 Green Onions, Chopped
- 1 Cup of Sprouts
- 2.5 Tsp of Soy Sauce
- 1 Tsp of Vinegar
- $\frac{1}{2}$ Tsp of Sugar
- 1 Tsp of Tomato Ketchup (optional)
- 1 cup of Basmati Rice
- Salt to taste

Instructions

1. Wash and cut all the vegetable finely.
2. Soak the basmathi rice for 10 mins.
3. Cook the rice in cooker for 2 whistles. Spread it in a plate and Cool down the rice and keep it aside.
4. Heat a pan with butter and oil, when it is hot, add onion, green chilly and garlic, fry this for few mins.
5. Add all the vegetables (carrots, capsicum and lastly green gram sprouts) frying each for 2 mins.
6. Add soy sauce, salt, pepper, tomato ketchup, vinegar and sugar, fry this for a min.
7. Finally add cooked rice, mix well gently. Check for salt.
8. Add chopped green onion (spring onion) green part only.
9. Switch off the flame and transfer it to serving bowl.

Notes

Use any veggies of your choice.

You can also use mixed sprouts.

For 1 cup of rice, add 1.5 cup of water

Cook all the vegetables in a high flame to retain its crunchy taste.

If you like ajinamotto, just use a pinch of it.

If you dont like crunchy taste of sprouts, cook it in cooker with water before using it.



Sprouts Fried Rice

tags: [sprouts fried rice](#), [sprouts fried rice recipe](#), [how to make sprouts fried rice recipe](#), [sprouts veg fried rice recipe](#), [easy fried rice recipe](#), [prepare fried rice at home](#), [restaurant style fried rice](#), [lunch box rice recipe](#)

Tags: [sprouts veg fried rice recipe](#), [fried rice recipe](#), [how to make sprouts fried rice](#), [sprouts rice](#).

Quinoa Vegetable Biryani / Indian Quinoa Recipes



Quinoa Vegetable Biryani

Quinoa biryani / Quinoa vegetable biryani is a super healthy and quick to make dish with lots of protein, no starch and it

is a gluten free. I followed the [vegetable biryani recipe](#) and added quinoa instead of rice. I know, this dish may not look good but it tasted delicious with nutty flavor and filling. Here I used red quinoa, you can also use white quinoa in this recipe. This quinoa biryani is good for weight watchers and diabetic people. Serve this quinoa biryani with [onion raita](#) or plain yogurt and chips. (please refer note section for tips)

Also refer my other two Indian quinoa recipes

1. [Quinoa Dosa](#)
2. [Quinoa Kuzhi Paniyaram](#)

Quinoa Vegetable Biryani / Indian Quinoa Recipes



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Prep time

10 mins

Cook time

30 mins

Total time

40 mins

Quinoa vegetable biryani is a super healthy recipe with lots of protein and it is a gluten free dish. I followed the same vegetable biryani recipe and added quinoa instead of rice. Serve this quinoa biryani with onion raita and chips.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 2

Ingredients

- 3 Tsp of Cooking Oil
- 3 Cloves
- 1 Cinnamon
- 2 Cardamom
- $\frac{1}{2}$ Tsp of Fennel Seeds
- Few Curry Leaves
- 1 Red Onion, Chopped
- 1 Green Chilly, Slit
- 2 Tsp of Ginger Garlic Paste
- 1 Tomato, Chopped
- 2 Tbsp of Yogurt
- 7 Mint Leaves, Whole
- $\frac{1}{4}$ Cup of Chopped Carrot
- $\frac{1}{4}$ Cup of Chopped Beans
- $\frac{1}{4}$ Cup of Peas (frozen)
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- $\frac{1}{2}$ Tsp of Garam Masala
- $\frac{1}{2}$ Cup of Quinoa
- 1 Tbsp of Fried Onion (optional)
- $\frac{3}{4}$ Cup of Water or as needed (Refer your Quinoa bag)
- Salt to taste
- Coriander Leaves as needed

Instructions

1. Heat a pan with oil, when it is hot, add cloves, cardamom, cinnamon, fennel seeds, curry leaves, saute it for few secs, add onion and fry till it turns golden color.
2. Add green chilly and ginger garlic paste, fry for 2 mins until raw smell vanishes. Add tomato, fry till it turns soft and mushy.
3. Add mint leaves, coriander leaves, carrot, beans, peas,

- fry it for 2 mins.
4. Add coriander powder, red chilly powder and garam masala, fry it for a 2 mins.
 5. Add yogurt, fry well for a min.
 6. Add quinoa, mix well with masala and add water, salt and fried onion, let it come to rolling boil, place the tight fitting lid and simmer it for 20 mins.
 7. Remove it from heat and garnish it with coriander leaves and check for salt.
 8. While serving, dig all the way to the bottom of the pot with a laddle to get a quick mix of masala and quinoa.
 9. Hot, yummy quinoa vegetable biryani is ready to serve.

Notes

You can use any kinds of quinoa for biryani.

Fried onion is optional. Adding that gives you nice taste.

I didn't soak my quinoa, if you want. You can soak it for 15 mins and then cook.

Please check your quinoa bag for the required amount of water. Usually it will be 2 cups of water for 1 cup of quinoa. Since I added veggies and yogurt, I used $\frac{3}{4}$ cup of water for $\frac{1}{2}$ cup of quinoa.

Adjust the amount of spicy taste according to your taste buds. You can reduce the amount of vegetables, I love vegetables so I added a lot.

Quinoa Biryani



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Tags: [quinoa biryani](#), [quinoa vegetable biryani](#), [quinoa vegetable biryani recipe](#), [quinoa Indian recipes](#), [quinoa recipes](#), [quinoa rice](#), [how to cook quinoa in Indian cooking](#), [prepare indian style quinoa recipe](#), [quinoa recipes](#), [biryani recipes](#), [weight losing recipes](#), [diabetic recipes](#)

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