

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

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Vegetarian Black Bean Chili Recipe | Easy Bean Chili Recipe



Yesterday I have posted the recipe for [cornbread](#), which is a best accompaniment for vegetarian black bean chili recipe. This is very simple and protein packed dish which can be made so quickly with canned beans. If you want to make chili recipe with dried beans, that's a long and time consuming process in stove top or if you want to make in pressure cooker then it

would be easy. But this chili version is easy, healthy and vegetarian. Here in this recipe, onion, garlic, tofu and beans are cooked with spice mix, later it was simmered for few mins to blend the flavors. Finally top it with sour cream or cheese and green onion. Serve it with hot [jalapeno cheddar corn bread](#) or tortilla chips. You can have this chili and [corn bread](#) for lunch or perfect for cold winter dinner.

Preparation Time : 10 mins

Cooking Time : 15 mins

Makes : 2 Servings

Ingredients

1 Can(15 Oz) of Black Beans

2 Tsp of Olive Oil

8 oz of Tofu, Finely Chopped

1/2 Cup of Onion, Chopped

2 Garlic Cloves

2 Tsp of Chili Seasoning Mix, I used McCormick

1 Tomato, Chopped

Black Pepper and Salt to taste

1/2 Cup of Water

To Garnish

1 Tbsp of Sharp Cheddar Cheese

1 Green Onion, Chopped



Black Bean Chili

Method

- Heat oil in a pan, add chopped onion and garlic, saute this for 2 mins until it turns golden brown color.
- Add tomato, saute this until it turns soft. Add black beans, Tofu, chili powder, black pepper powder and salt, Saute this for 2 mins, add water, reduce the flame, cover and cook it for 10 -12 mins until it turns thick in consistency and stirring occasionally.
- Finally garnish it with chopped green onion and cheddar cheese.
- Enjoy hot, yummy vegetarian black bean chilli with [jalapeno cheddar corn bread](http://foody_buddy.blogspot.com).

Tips

- You can make this chili recipe with other beans like red beans.
- You can add corn or any veggies like squash to this dish.
- You can top it with sour cream in place of cheese.
- Serve it with corn bread or tortilla chips.

Health Benefits of Black Bean

- Black beans are an excellent source of the trace mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites.
- Good for diabetes and rich in dietary fiber.
- Lowers cholesterol levels.
- Rich in antioxidants.



Bean Chilli

Tags : [chili recipe](#), [bean chili recipe](#), [vegetarian bean chili recipe](#), [black bean chili](#), [how to make bean chili recipe](#), [mexican chili recipe](#), [thanksgiving side dish recipe](#), [easychillirecipe](#)

Jalapeno Cheddar Cornbread

Recipe Without Eggs



I never tasted corn bread before and this is my first time, I tried and tasted this corn bread. It came out so good, moist and delicious. My husband who loves Mexican food and has tasted corn bread before, so after he tasted my corn bread and said that " this was the best corn bread I have tasted". I was very happy and I was in cloud nine 🥰🥰 This easy homemade corn bread recipe is without eggs and butter. To make this corn bread more flavorful and spicy, I added jalapenos and

cheddar cheese to the batter. Jalapenos adds a extra zing to the bread. This dish can be made in a jiffy, it just takes 30 minutes to finish. You can serve this bread for breakfast or lunch or dinner with soups or spicy dishes like vegetarian bean chilli. I will be posting my bean chilli recipe in my next post.

Ingredients

- 1.5 Cups of Milk
- 1.5 Tbsp of Distilled White Vinegar or Apple Cider Vinegar
- 1 Cup of Cornmeal , I used corn flour
- 1 Cup of All Purpose Flour
- 3 Tbsp of White Sugar
- 1/2 Tsp of Salt
- 1 Tsp of Baking Powder
- 1 Tsp of Baking Soda
- 2 Tbsp of Canola Oil
- 2 Jalapeno's, Chopped
- 3 Tbsp of Cheddar Cheese



Method

- Preheat the oven to 425 degree F. Lightly oil a 9 *9 inch baking dish.
- In a small bowl, combine the milk and vinegar, and set aside.
- Mix the corn flour, all purpose flour, sugar, salt, oil, baking powder and baking soda in a large bowl. Finally add the milk and vinegar mixture. Stir well with a whisk.
- Pour the batter evenly in the prepared baking dish.
- Bake until the top is golden brown, 25-30 minutes.
- Hot jalapeno corn bread is ready to serve with bean

chilli

Tips

- You can serve it for breakfast with soups or spicy dish like chilli.
- The recipe calls for cornmeal, but I used corn flour.
- Both are ground corn. Difference is cornflour is usually ground to a fine texture than cornmeal.
- Add frozen corns to the batter, for crunchiness.
- If you don't get jalapenos in your place, replace it with any chilly.
- If you don't want jalapeno and cheese, just skip it and make a plain corn bread.
- If you want vegan version, just replace milk with non dairy milk such as soy or almond milk.

Health Benefits of Corn

- Good source of dietary fiber.
- Fiber in corn helps to reduce blood cholesterol and reduces the risk of cardiovascular disease.
- Rich source of vitamin folate helps in support of cardiovascular problems.
- Controls diabetes and hypertension.
- Prevents anemia.
- Good for eyes and skin.



Cornbread Recipe

Tags : [cornbread](#), [cornbread recipe](#), [how to make cornbread](#), [cornbreadrecipe without eggs](#), [jalapeno cheddar cornbread recipe](#), [jalapenocornbread](#), [thanksgivingrecipe](#), [americanrecipe](#), [baking](#), [breadrecipe without eggs and butter](#).