

COOL MEXICAN BEAN WRAPS

PREPARATION

- Peel and slice the onions
 - Peel and crush the garlic
 - Drain the kidney beans
 - Deseed and slice the peppers
1. Preheat the oven to 200°C/400°F/gas 6.
 2. Heat the oil in a large pan over a medium heat and gently fry the onions, until softened, then add the garlic, along with the chilli powder.
 3. Add the tomato purée and the tomatoes, breaking them up with a wooden spoon or spatula as you go, then add the kidney beans.
 4. Cook for 10 minutes, or until slightly reduced, then season to perfection with sea salt.
 5. In a separate pan, fry the peppers in a little oil until starting to soften, then put aside.
 6. Divide the filling mixture in half, then blitz one half with a stick blender to form the bean paste – if you don't have a stick blender, mash with a potato masher.
 7. Add the peppers to the other half of the mixture.
 8. Spread the warm bean paste over one half of the tortillas, then add a serving spoonful of the pepper filling, and sprinkle with cheese (remember to leave the cheese out, for vegans). Fold the tortillas in half and place on greased baking tins.
 9. Cover with lids and bake in the preheated oven for about 20 minutes, or until golden and warmed through.

SERVING

Serve with mixed leaf salad and coleslaw.

TIP

For large quantities, divide the filling into bowls of 25 or 50 portions by halving, quartering etc., to ensure that all the tortillas are around the same size.

JAMIE SAYS...

“Use any leftover beans and tomatoes to make a batch of homemade baked beans – try adding a pinch of paprika for a smoky kick.”



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NOTES

LOOKING FOR THE INGREDIENTS?

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INGREDIENTS

30 25	60 50	120 100	180 150	240 200	Primary portions (small size tortillas) Secondary portions (large size tortillas)
5	10	20	30	40	onions
3	6	12	18	24	cloves of garlic
½	1	2	3	4	2.5kg tins of red kidney beans
3	6	12	18	24	green peppers
3	6	12	18	24	red peppers
3	6	12	18	24	tablespoons vegetable oil
¾	1½	3	4½	6	teaspoons chilli powder
½	1	2	3	4	tablespoons tomato purée
750g	1.5kg	3kg	4.5kg	6kg	tinned tomatoes
¼	½	1	1½	2	tablespoons sea salt
30/25	60/50	120/100	180/150	240/200	flour tortillas
250g	500g	1kg	1.5kg	2kg	Cheddar cheese

NUTRITION

Each secondary portion (147.2g) contains:

Energy	Fat	Sat fat	Sugars	Salt
268kcal	8.4g	3.8g	5.9g	0.9g

NOTE ON NUTRITION

Kidney beans add fibre to this dish, as do peppers and onions, so this is a very easy way to boost fibre intake.