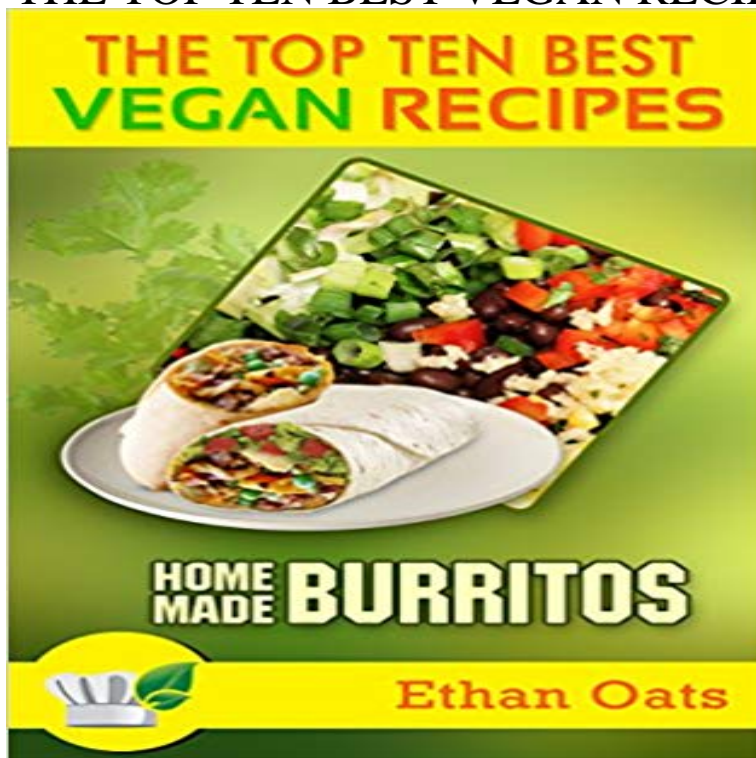


## THE TOP TEN BEST VEGAN RECIPES: HOMEMADE BURRITOS



HEALTHY and GREAT tasting MEXICAN STYLE VEGAN BURRITOS that are fast and easy to make. Ten creative ways to satisfy any Mexican Burrito cravings and most in 30 minutes or less! This mini-cookbook is a must for not only any VEGAN kitchen but for those that wish to eat healthier! Most recipes have plenty of protein, trace amounts of sugar, low sodium, high fiber, LOW CALORIES and still manage to taste great. Ingredients include: black beans, butter beans, tofu, hummus, tempeh, quinoa, brown rice, hot peppers, spices, sweet peppers, avocados, whole wheat tortillas and more. Each recipe comes with nutritional information, ingredients list, simple directions, suggested side dishes and extended nutritional information at the end of every recipe (all nutritional information is estimated and serves as a guideline only) . The top ten vegan burritos were made by and eaten by an actual vegan! \*\*\*\* BONUS RECIPE NOT FOUND IN THIS EBOOK \*\*\*\* THE MAGIC MUSHROOM READY TO EAT IN: 40 min MAKES: 6 GOOD STUFF 2 KNOWN: \* Calories: 310 Total Fat: 7g Cholesterol: 0mg SERVE FOR: Lunch or Dinner Ingredients 1 medium yellow onion (halved and sliced into 1/4-inch-thick pieces) 1 large green bell pepper (halved, seeded and cut into strips) 4-1/2 teaspoons extra-virgin olive oil 1/4 teaspoon chili powder 1/4 teaspoon chipotle powder 1/4 teaspoon freshly ground black pepper 1-1/2 cups cooked basmati rice 1 small tomato (blended into juice) 2 cups mushrooms baby portabella sliced 1/4-inch thick 6 medium whole wheat tortillas Directions Preheat oven to 450 degrees F. Throw onions and peppers with 3 teaspoons oil, chili powder, black pepper and chipotle powder into a bowl and toss until well coated. Lay in single layer on parchment-lined baking sheet. Roast until

onions are charred in spots and peppers are tender and beginning to brown (about 25 minutes). In a large skillet on medium heat put 1 teaspoon oil then add the rice and tomato juice. Add mushrooms. Sprinkle with 1/4 teaspoon black pepper (salt too if desired). Cook without moving until well-browned, about 2 minutes. Reduce heat to slightly and cook, stirring, until mushrooms release juices and brown. Add remaining 1/2 teaspoon oil if needed. Turn heat down slightly again and cook, stirring occasionally, until thoroughly browned and lightly crisped (about 5 minutes longer). Let vegetables and rice cool, then toss together in a large bowl. Warm the tortillas in a skillet or microwave. Divide the mixture equally into each tortilla then fold like a burrito. **MAKE IT BETTER:** Feel free to add avocados, salsa, fake cheese or fake sour-cream (you can use the real (not fake) versions if a vegetarian) on top. **GOES WELL WITH:** Lunch A fresh salad with black olives and avocados. Dinner A fresh Spinach Salad and vegan style chicken patty. **COMPLETE NUTRITIONAL VALUES:** \*\* Total Fat 7g 11% (Sat Fat 1g 5 %) Total Carbohydrates 53g 18 % Fiber 4g 16 % Sugars 3g --- Cholesterol 0mg 0 % Sodium 300mg 13 % Protein 7g 14 % \* (nutritional facts are per serving and accuracy is not certain) \*\* (percentages based on 2000 calories diet, data may be incomplete or calculations inaccurate)

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P and says pin the bliss on either side across the top of each photo :). **Main Ingredients 10 Best Burrito Recipes of All Time Recipe4Living** - 31 secBest Seller **THE TOP TEN BEST VEGAN RECIPES: HOMEMADE BURRITOS** Publication **Best Seller THE TOP TEN BEST VEGAN RECIPES: HOMEMADE** Meal Prep with these simple vegetarian quinoa burrito bowls -- recipe makes 5 FULL MEALS! .. the best EVER veggie enchiladas! 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