

Southwest Wrap

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 12 Servings

| Ingredients | Weight | Measure |
|------------------------------|--------|----------|
| Tomato or Spinach Wrap (12") | | 6 each |
| Black Beans, canned, drained | 15 oz. | |
| Roma Tomatoes, chopped | | 1 ½ Cups |
| Red bell pepper, chopped | | 1 Cup |
| Rotel, drained | | 1 Can |
| Cilantro, fresh | | 2 tsp. |
| Chili Powder | | 1 Tbsp. |
| Garlic, fresh, chopped | | 2 Tbsp. |
| Romaine Lettuce, chopped | | ½ Cup |

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Combine black beans, roma tomatoes, red and green bell peppers, rotel, cilantro, chili powder and fresh garlic.
2. Lay out wraps, spread black bean mixture, top with lettuce and roll up.
3. Cut each wrap in half or as small as needed.

Serving Information

Serve one half of sandwich with ½ cup of pasta.

Nutrition Information *From USDA Nutrient Database

Calories: 229 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 39g (6g fiber) Protein: 8g Sodium: 480 mg
Vitamin A: 8% Vitamin C: 46% Calcium: 11% Iron: 17% Folate: 33%