



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Black Bean Fiesta Wrap

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Black beans, canned, rinsed, drained		3 qts		1 1/2 gals
Rice, cooked, cooled		3 qts		1 1/2 gals
Carrots, shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Lettuce, shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Red Cabbage, Shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Italian salad dressing		3 cups		1 1/2 qts
Salt		2 tsp		4 tsp
Black pepper		1 tsp		2 tsp
Flour tortillas		50		100
Tomato slices		50		100

Directions

1. Combine beans, rice, carrots, lettuce, and cabbage in large bowl.
2. Toss with dressing. Season with salt and pepper.
3. Place 1 cup bean and vegetable mixture on each tortilla; top with a tomato slice and roll up.

My Notes

Source: Physicians Committee for Responsible Medicine

Nutrition Information

Nutrients	Amount
Calories	288
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	852 mg
Total Carbohydrate	47 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	94 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available