

Herbal Legacy Recipes

Raw Refried Beans and Rice Burritos

From RAW The UNcook Book, New Vegetarian Food For Life by Juliano. Serves 2.

Such a great idea! You can find all of the ingredients you need in a regular grocery store. Everyone should try this recipe!

INGREDIENTS:

- 2 Cups Sprouted Black Beans
- ¼ cup olive oil
- ¼ cup diced tomatoes
- ½ medium red bell pepper
- ¼ cup Nama Shoyu or 1 ½ teaspoons Celtic sea salt
- 2 whole green or purple cabbage leaves, without tears
- 2/3 cup fresh cilantro, chopped
- 2 tablespoons RAW Salsa
- 2 Tablespoons Guacamole
- ½ cherry tomatoes, halved
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DIRECTIONS:

In a food processor combine the black beans, olive oil, tomato, red bell pepper, and Nama Shoyu or Celtic sea salt and blend until evenly mixed, but coarse. Spread the beans evenly into each of the cabbage leaves (use a limp one if you prefer a soft tortilla to a crunchy one) and add cilantro, RAW Salsa, Guacamole, and cherry tomatoes. Wrap the sides of each cabbage leaf around its contents and eat.

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