

# Bean and rice burrito

## Ingredients

### For the tomato relish

- ½ small onion, finely diced
- 200g/7oz tomatoes, diced
- 1 tbsp white wine vinegar
- 1 lime, zest only (juice used below)
- salt and pepper

### For the bean and rice burrito

- 1 x 400g/14oz tin Mexican-style bean mix or mixed beans in mild chilli sauce
- 200g/7oz frozen sweetcorn, defrosted
- 8 tortilla wraps
- 150g/5½oz long-grain rice, cooked according to the packet instructions
- 1 lime, juice only (zest used above)
- about 200g/7oz plain yoghurt

## Preparation method

1. For the tomato relish, mix together all the ingredients for the relish in a bowl and season with salt and pepper. Set aside.
2. For the bean and rice burrito, heat a small frying pan over a medium heat and warm the beans through for 3-5 minutes. Add the sweetcorn and mix well. Taste and add salt and pepper if necessary.
3. Warm the tortilla wraps for 10 seconds in a microwave or in a dry pan over a medium heat until warm and softened.
4. To assemble, divide the cooked rice and beans between the eight tortilla wraps. Squeeze a little lime juice over each of them. Spoon over the tomato relish and the yoghurt and roll up to enclose each burrito. Serve warm.



**less than 30 mins**

preparation time

**10 to 30 mins**

cooking time

**Serves 4**

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**From Great British Budget Menu**

*This is a budget-friendly version of burrito uses tinned beans and frozen sweetcorn served with a tangy tomato relish.*

### Top recipe tip

In May 2013 this recipe was costed at £3.09 at Asda, £3.39 at Tesco and £3.70 at Sainsbury's.