

## Brisk Bean Burrito

- 1 whole wheat tortilla
- 2 spoonful's of cooked beans
- 2 spoonful's of cooked brown rice
- 1 spoonful diced tomatoes/salsa
- ½ sliced avocado
- 1 spoonful cheese sauce
- Season to taste

Drain beans and heat in saucepan with a little olive oil and salt Heat tortilla and spread cheese sauce over it then add beans, rice, salsa /tomatoes, and avocado roll and serve.