

# Let's make! Bean burritos

Food Flair recipes are a unique way to explore new and healthy foods with your toddler or preschooler. Learning to cook helps children take pride in what they make and encourages them to try new foods. These activities help families reconnect food and fun, so enjoy the experience of preparing food together!

## Recipe for Bean burritos

### What you need:

$\frac{1}{2}$ cup	Cooked rice (brown or white)	125 mL
$\frac{1}{2}$ can	(14 oz/398 mL) kidney, black or pinto beans, drained and rinsed	7 oz/ 200 mL
$\frac{1}{2}$ cup	Corn kernels, canned or frozen	125 mL
$\frac{1}{4}$ cup + 2 tbsp.	Mild salsa	87.5 mL
5	10-inch (25 cm) whole grain flour tortillas	5 x 25 cm
$\frac{2}{3}$ cup	Cheddar cheese, shredded	167 mL

### How to:

1. In a non-stick pan, stir together rice, beans, corn and salsa.
2. Cook on medium heat for three to four minutes until warmed through.
3. Put some of the bean mixture on each tortilla.
4. Sprinkle with cheese.
5. Roll up the tortillas.
6. Cut each tortilla in half to serve.

## Book link

*The Food We Eat* by Paul Humphrey

You will need the foods listed in the recipe, a large non-stick pan to heat the burrito filling, and a cheese grater.



## Hints for success

- ❖ Toddlers can help bring the ingredients to the counter and sprinkle the burrito with cheese.
- ❖ Younger preschoolers can help measure and pour the salsa and put the filling onto the tortillas.
- ❖ Older preschoolers may be able to grate the cheese.
- ❖ Warm the tortillas before rolling to prevent them from cracking or breaking.

What other vegetables could we put in these burritos?

How many burritos have we made now?

## Ways to say it

# More ideas for Bean burritos

## Try this way

- ❖ Talk with your child about where burritos come from and how they are made. Explain that burritos are made with tortillas and are a favourite food in Mexico. The word burrito means little donkey in Spanish.
- ❖ Burritos can be filled with meat or beans, as well as other foods such as rice, lettuce, tomatoes, onions, salsa, guacamole, cheese, sour cream or plain yogurt.
- ❖ Make a large pot of rice and freeze in portions to use in this recipe for a quick lunch or family dinner.
- ❖ Use lean ground beef or turkey instead of the beans. Be sure to cook the meat well in a frying pan before adding the rice.
- ❖ Add  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of one of these spices to give your child a new taste experience: chili powder, paprika, cumin, oregano, garlic powder and/or onion powder.



## Activity links

Use this recipe card with other Food Flair activity cards:

- Eating around the world—Chopsticks
- Eating around the world—Tasting passports
- Sandwiches

## Safety tips

- Help children wash their hands before cooking or eating.
- Refrigerate or discard leftovers right away to prevent spoiling.
- Supervise your child when using sharp tools such as a cheese grater.