



edinburgh
**FOOD
SOCIAL**

- 1 tbsp vegetable oil
- 1 red onion, diced
- 1 red pepper, diced
- 2 carrots, diced
- 2 celery sticks, diced
- 2 garlic cloves, crushed
- 2 tsp chilli powder
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1 can chopped tomatoes
- 1 can kidney beans
- Juice of 1 lime
- Salt & pepper
- Small bunch fresh coriander
- 4 tortilla wraps
- Sour cream or cheese to serve

Recipes for Rosyth

Super Veggie Burritos

Packed full of veggies and flavour. Add more chilli if you like things extra spicy

Serves 4



Add the oil to a heavy bottomed saucepan and on a medium heat fry the onions, pepper, carrot, celery & garlic for 5-10 minutes.

Add the spices and cook for a further minute, stirring constantly.

Add the chopped tomatoes, kidney beans, oregano, salt, pepper and a small cup of water to the pan and simmer for around 30 minutes until the vegetables are tender. Add more liquid if the mixture starts to dry out.

Remove from the heat and add the coriander and lime juice.

Serve in a tortilla wrap with sour cream or grated cheese and a fresh green salad.