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Veggie Bean Wrap

Budget-friendly recipe

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Ready in: 25 mins.

Fresh mangos and avocado give this meal a tasty twist.

Ingredients

- 2 Green or red bell peppers *seeded and chopped*
- 1 Onion *peeled and sliced*
- 1 (15-ounce) low-sodium black beans *drained and rinsed*
- 2 Mangos *chopped*
- 1 Lime *juiced*
- ½ cup Fresh cilantro *chopped*
- 1 Avocado *peeled and diced*
- 4 (10-inch) fat free flour tortillas



What You'll Need

- Cutting board
- Knife
- Can opener
- Measuring cup
- Nonstick pan
- Spatula or large spoon
- Small bowl
- Spoon

Directions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Serve.

Nutrition Info and more

Serving size: 1 piece

Total calories: 451 Total fat: 2 g Saturated fat: 0 g Carbohydrates: 82 g Protein: 16 g Fiber: 22 g Sodium: 302 mg