

**?Q?** in our Vegetarian Alphabet was a bit of a tricky letter ? But Sue wasn?t to be beaten! We used Genius Fibre Fest Gluten free Beetroot Wraps but any soft Wraps will do the trick.

## **Mexican Spice Mix**

## **Ingredients:-**

**Dried Oregano** 

Salt & Pepper

Cayenne / Chilli Powder

Paprika

**Onion Salt** 

Cumin

## **Ingredients:-**

4 Wraps

Black Eyed Beans

Mung Beans

2 Cloves of Garlic grated

1 White and 1 Red Onion, finely chopped

2 teaspoons of Chilli powder

Tomato Puree

2 Tomatoes

Fresh Coriander

**Spring Onions** 

**Grated Cheese** 

Bicarbonate of Soda Oil Salt & Pepper

## Method:-

- (1) Soak both types of Bean overnight, drain and then simmer separately for 20 minutes. Drain again and set aside. The Mung Bean work well with the addition of a bit of Sodium Bicarbonate. They turn Red!
- (2) Fry the Onions, Garlic and Chilli powder and add Mexican Spice Mix.
- (3) Add the Mung Beans, Tomatoes and Tomato Puree then allow to simmer.
- (4) Add the Black Eyed Bean and simmer on a low heat adding water as required so the you end up with quite a stiff consistency.
- (5) Load the Wraps with half Bean Chilli mix and half grated Cheese.
- (6) Dry fry the Wraps for a couple of minutes on either side to brown slightly.
- (7) Cut in half to serve and dress with chopped Spring Onions and Coriander.

We served ours with a dressed Salad, hand cut Chips and a Garlic, Lemon, Mustard and Mayo dip.