



# Spicy Three Bean and Farro Burrito

Prep time: 15 Cook Time: 25 Servings: 12

Mediterranean,Better For You,Entrees,Flour Tortillas,Casual Dining,Catering,FSR/QSR,Plant-Based Preferences

## Ingredients

INGREDIENT	CODE	PREP	QUANTITY
10" Whole Wheat Tortillas	10425		12 Each
Olive Oil			as needed
Red Onion			1 1/2 cup
Red Pepper			1 1/2 cup
Garlic		minced	6 cloves
Farro		cooked	6 cup
Black Beans			1 1/2 cup
Pinto Beans			1 1/2 cup
Kidney Beans			1 1/2 cup
Red Pepper Pesto		See Related Recipe	4 1/2 Oz.
Cilantro		fresh chopped	3 Oz.
Salsa		prepared	3 cup



## Instructions

1. In a large pan over medium heat, sauté garlic, red onion, and red pepper until softened. Toss with cooked farro and beans. Fold in the red pepper pesto so that the mixture is evenly coated. Reserve warm.
2. To serve, place 1 cup of the farro and bean mixture on each tortilla and top with 1 ½ tbsp. of cilantro. Fold in the ends and roll the tortilla into a burrito. Serve alongside 2 oz. of salsa.



# Red Pepper Pesto

Prep time: 5 Cook Time: Servings:

## Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Roasted Red Pepper			1/2 cup
Basil		fresh chopped	2 Tbsp.
Parmesan		grated	2 Tbsp.
Garlic			1 cloves
Parsley		chopped	1 Tbsp.
Sun Dried Tomatoes			2 Tbsp.
Cayenne		ground	To Taste
Salt			To Taste

## Instructions

1. Place all ingredients except salt, cayenne, and olive oil in a food processor and pulse until roughly blended. With the motor running, add oil in a steady stream until a thick sauce forms. Season to taste with salt and cayenne.

