



**?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.**