



**?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.