

# Sara's Winter Burritos

2 Tbsp olive oil  
1 onion – diced  
3 cups grated root vegetables (carrots, sweet potatoes, rutabagas, turnips, celeriac, parsnips, etc.)  
4 kale or chard leaves - chopped  
2 cups cooked black beans  
whole wheat tortillas  
salsa  
avocado (optional)  
cheddar cheese (optional)  
sour cream (optional)

- In a large skillet heat oil then add onion and saute for about 5 minutes over medium high heat until translucent.
- Add grated root vegetables and saute (stirring to prevent sticking) until just beginning to get slightly soft (about 5-10 minutes).
- Add kale or chard and saute till greens are cooked (about 5 minutes)
- Add black beans and heat thru (only a couple of minutes).
- Serve with Tortillas and toppings.

Variation: Instead of serving with tortillas you can serve it over a whole grain such as rice, barley, quinoa, or bulgar wheat.



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