

# Black Bean & Rice Veggie Wrap

by Ada Mettitt K-8



Delectable Spinach Tortilla Wrap made with authentic Cuban-style Black Beans & Rice with a crisp, caribbean-flavored red cabbage and carrot slaw.

This item is a vegetarian main dish - sandwich which meets 3 of the required components for a reimbursible meal in the National School Lunch Program.

## Ingredients

### 6 SERVINGS

Spinach Tortilla Wrap (109 grams)  
Carrots - raw, shredded (8 ozs)  
Cabbage, red, shredded (8 ozs)  
1/3 cups of Montego Bay Sauce  
Rice (5 oz)  
1/4 tsp of salt  
3.25 cups of water  
water  
1/4 tsp of oil  
3/8 oz of peppers - sweet, green  
7.25 oz of onions  
3/8 oz of garlic  
1/8 tsp of sugar  
1/8 tsp of salt  
1/1/2 lbs of beans, black

### 50 SERVINGS

Spinach Tortilla Wrap (109 grams)  
Carrots - raw, shredded (5 lbs )  
4 cups of Cabbage, red, shredded (5 lbs)  
Montego Bay Sauce  
Rice (2.5 lbs)  
2 tsp of salt  
3.25 cups of water  
5 qts of water  
2.5 tsp of oil  
3.75 lbs of peppers - sweet, green  
3.75 lbs of onions  
3 1/3 oz of garlic  
2 tsp of sugar  
1 1/4 tsp of salt  
11 lbs of beans, black

## Preparation

CCP: Wash Hands thoroughly. Put on clean gloves

Cook rice and beans according to recipe 5612 by combining all ingredients in a large pot. Cook over low heat until rice is cooked. Spread on sheet pans to cool, set aside

Mix together cabbage, carrots and monte bay sauce in a bowl. Set aside

Spread tortilla wrap with 1 tsp sause. Spread 8 ounces of black beans & rice from side to side on the wrap. Top rice mixture with 4 ounces of slaw mixture. Fold the bottom of the tortilla over the filling. Fold the sides of the tortilla towards the center, roll and wrap into a tight cylinder.

Slice into halves, put into a hoagie container and garnish with 1 baby carrot and grape or cherry tomato. Refrigerate until ready to serve. CCP: 40 degrees