BBQ Vegetable and Mixed Bean
Wrap

**Ingredients**

10 inch Flour Tortilla 3 each

Onions 35g

Loose Garlic 1 clove

Mixed Herbs 1 tsp

Tomato Puree 10g

Courgette 50g

Mixed Peppers 50g

Five Bean Salad 150g

Tomatoes, chopped 150g

Vinegar 1tbsp

Granulated Sugar 1 tsp

**Method**

1. Heat oil in large sauce pan and cook off crushed garlic, diced onions and peppers until soft. Add tomatoes, beans, vinegar and sugar and simmer for 10 minutes
2. Season with mixed herbs
3. Place filling in warmed tortilla, roll up and place on serving tray – keep hot till served

**Key Nutritional Points and Facts**

* Tortilla wrap is a source of carbohydrate, providing energy.
* Beans and other lentils/pulses are a great source of low fat protein. They are commonly used within vegetarian main meals. Beans are a great source of fibre which supports healthy digestion.
* This recipe is full of vegetables which will contribute towards our 5 A DAY. The peppers for instance, will provide vitamin C which is great for our immune system.
* Using mixed herbs and garlic is a great way to avoid using salt to enhance flavours within recipes.

