

Plantain and Black Bean Wraps

Veggie wraps garnished with tomatillos, avocado and cheese, served with Mexican rice - it's what's for dinner. Mix up a pitcher of sangria or open a cerveza for a Central American meal.



Ingredient list for 4 wraps

2 ripe plantains [mostly black, with a few yellow areas]

Beans:

- 1 tablespoon vegetable oil
- 1 large shallot - finely chopped
- 2 garlic cloves - crushed
- 1/4 cup red bell pepper - chopped
- 1 can Goya black bean soup
- Salt and pepper
- 1 tablespoon ground cumin

Assembly

- 4 burrito-size wraps
- 2 tomatillos - chopped
- 1 cup crumbled feta cheese
- 1 avocado - peeled and sliced



- Trim the ends off the plantains and make a lengthwise slit, along the outside curve, through the skin from top to bottom. Microwave about 9 to 9 ½ minutes, depending on your microwave. The skins will become black. Once cool to the touch, remove peels and set aside.
- Place the oil in a medium size sauce pan. Add the shallot, garlic and red bell pepper, cook for about 5 minutes.
- Add the soup, salt, pepper and cumin. Stir and cook for about 5 minutes more until thickened. Set aside.
- Serve plantains, beans and remaining ingredients in separate bowls.
- Heap ingredients onto wraps, fold and enjoy!

Notes:

- Plantains are always cooked before being eaten. A plantain will fully ripen in a loosely closed paper bag within one to two weeks. They can be refrigerated once they are as ripe as you need them to be.
- Goya has a line of pre-prepared bean products that save time and make easy additions to homemade meals. You can identify them on store shelves by their red labels.