

Mushroom & Lentil Burrito

By Chef Marvin Woods

Ingredients:

- 2 tablespoons avocado oil
- 1 tablespoon garlic, finely minced
- ¼ cup minced onion
- ½ cup chopped portabella mushrooms (button or cremini mushrooms)
- ½ cup lentils, (cooked as package directs)
- ½ cup crushed tomatoes (use very little juice)
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon black pepper
- ¼ cup small diced Jicama
- Favorite Tortilla

Instructions:

Place oil in sauce pan over medium heat. Add garlic and onion, lower heat and cook 2-3 three minutes. Add mushrooms and cook for an additional 3-5 minutes.

Add lentils and tomatoes, cook 5 minutes more. Add cumin, ground coriander, smoked paprika, garlic powder, onion powder and black pepper, cook for 3 - 5 minutes more.

Turn off heat. Check seasoning and adjust if needed. Stir in the jicama and place enough mix in tortilla, fold and enjoy.

Serves: 2