



Fresh Corn and Bean Burrito Filling Slow Cooker Recipe

Makes 16 ¼ cup servings

- 2 cups black/pinto beans (dry)
- 7 cups water
- 1 small onion, chopped
- 3 cloves garlic, chopped
- 1 jar salsa
- 3-4 ears of fresh sweet corn, kernels cut off cob*
- 3 Tbl. chili powder
- 1 tsp. cumin

Tortillas, cheese, sour cream, green onion, and/or toppings of your choice

*To cut kernels, shuck corn and then hold cob upright. Slice kernels with a downward motion around the cob. Add kernels to slow cooker.

Directions:

1. In slow cooker, combine all ingredients.
2. Cover and cook on low 8-9 hours, adding more water as needed.
3. Fill tortilla shells with 1/4 cup of filling and fresh toppings of your choice. Serve warm.

Nutrients Per Serving:

113 calories	5.4 grams fiber
5.6 grams protein	0.9 gram fat
22 grams carbohydrate	545 mg sodium

Market Baskets Program: Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family's tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People's Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events.

