
Burrito Day

30 curry vegetarian burritos
inspired by the delicious ones
at The Backdoor Cafe in Sitka, AK.

By Rebecca Brown



Soak Overnight	1 lb dry black beans	Put dry beans in a 2 qt + container and fill to the top with water. Place in refrigerator to soak overnight.
Rinse and Add	soaked beans 4 cups water	Drain and rinse the soaked beans several times. Add them to an instant pot with fresh water.
Pressure Cook	40 minutes high pressure 20 minutes natural release	While the beans cook, move on to the next step.
Peel and Cube	5 lbs sweet potatoes (orange) 2 lbs carrots	Peel and cut into ~ 3/4" pieces. Toss into a 7qt + pot and cover with water.
Add	1/4 cup curry powder 1 tablespoon salt	
Low Boil	12-15 minutes	Bring up to a nice low boil and then start the timer. Test with a fork for doneness. It should easily pierce the food. Drain when done.
Chop and Sauté	2 onions 2 tablespoons butter	Sauté and then turn off before adding garlic.
Add	4-6 cloves pressed garlic	
Combine		Add to the sweet potatoes and carrots. Stir to combine. Makes ~ 1 gallon.
Remove and Drain	cooked beans	Place in a 1 gallon + container/bowl.
Pressure Cook	2 1/2 cups basmati rice 4 cups water 1/4 cup curry powder 1 tablespoon salt	Use the rice setting on an instant pot to cook. Rice can also be cooked on the stovetop of course.
Chop	1 bunch cilantro	Chop off the bottom inches of just stems and discard. Loosely chop the remaining bunch of cilantro.
Combine	Cilantro Beans Rice	Mix together.

Decision Time	<p>Your burrito filling is now in two separate large containers.</p> <p>To eat tomorrow: place in refrigerator and stir occasionally uncovered. You want it to cool as quickly as possible. Assemble the next day.</p> <p>To eat now: immediately continue to keep the mixtures and continue on assembling.</p> <p>To eat the future: immediately assemble. Freeze spread out on cookie sheets. Once frozen, bag in groups.</p>	
Shred	2 lb cheddar or pepper-jack cheese	
Assemble	<p>1 burrito size tortilla</p> <p>1/4 cup rice and beans mix</p> <p>1/4 cup carrot / sweet potato mix</p> <p>shredded cheese</p> <p>sour cream</p>	<p>Makes approximately 30 burritos. It is ok if you have left over filling. It will be tasty in a bowl warmed up. Or if there are leftover tortillas you can always make quesadillas another day.</p>
Grease	2 baking sheets or use silicone pan liners.	
Fold	<p>With the filling nestled in a burrito shape in the middle of the tortilla, first fold the ends in. Then tuck one of the long sides in and around the filling. Finish by rolling over the last long side and then place on a baking sheet.</p>	
Bake	<p>350°</p> <p>Until internal temperature reaches 165°</p> <p>~ 1 hour</p> <p>Time will vary depending on if your filling was hot or cold to start with. When it starts to smell good, check the temperature.</p>	
Garnish	<p>sour cream</p> <p>salsa</p> <p>sweet chili sauce</p>	Choose your favorites!
Store	Refrigerator or Freezer	
Reheat	These will be best reheated in a skillet or in the oven.	