

## **Sausage and Black Bean Burritos (for 4)**

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: One-Dish Meals

Author: Susan Rich, Laura Russell

Prep Time: 10 minutes

Cooking Time: 28 minutes

### **INGREDIENTS:**

3/4 lb hot Italian sausage, casings removed  
1-2/3 C canned black beans, drained and rinsed (from one 15-ounce can)  
1/4 tsp salt  
1/2 lb Monterey jack cheese, shredded (about 2 cups)  
1 tomato, chopped  
2 TBS lime juice (from about 1 lime)  
1 red onion, chopped  
4 9" flour tortillas  
Lime wedges, for serving

### **DIRECTIONS:**

Heat the oven to 350. In large frying pan, cook sausage over moderate heat, breaking it up with a fork or wooden spoon, till cooked through & just beginning to brown (about 10 minutes). Remove.

Pour off all but 1 TBS fat from pan & reduce heat to low. Add beans & salt - cook, mashing beans till heated through (2-3 minutes). Most of the beans should be broken up, but don't mash into a purée. Remove from heat & stir in sausage, half the cheese, the tomato, lime juice & onion.

Spread one quarter of the bean mixture in a line just below the center of each tortilla. Put remaining cheese on top of the beans. Roll up burritos & put them seam-side down in a small baking dish. Bake till cheese is melted & the filling hot (about 15 minutes). If tops begin to brown too much, cover loosely with a sheet of aluminum foil. Serve with lime wedges.

**Wine Recommendation:** Hot Italian sausage, black beans, tomato & cheese all argue for a big, fruity red. Find a robust California Zinfandel; its blackberry flavor & intriguing woody quality will stand up to & enhance this dish.