



# Mexican bean and cheese wrap, with red pepper and celery

## What you'll need

- 2 large cans (400g) mixed bean salad, drained and rinsed (520g drained weight)
- 4 large tortillas or wraps
- 160g hard cheese (e.g. Cheddar), grated
- 1 large red pepper, washed, de-seeded and sliced
- 4 sticks of celery, washed and sliced into sticks

## Allergies

- Vegetarian
- Egg-free

Recipe makes 4 adult portions

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## What to do

1. Mash the mixed beans with a fork.
2. Divide the beans onto the four tortillas and top with the grated cheese.
3. Roll up and slice as needed.
3. Serve with the red pepper and celery sticks.

## For babies

For babies serve the grated cheese, wrap and mashed beans separately.

## Leftovers

Store any leftover bean mixture in an airtight container in the fridge for up to two days. You could have the leftover bean mixture with some pitta bread strips as a tasty snack the next day.

Adults, or teenagers  
aged 12–18



5–11 year old



1–4 year old



7–12 month old

