

## **Bean Burritos**

### **Ingredients:**

2 cans of refried beans, either pinto or kidney  
1 cup of onion, diced  
sea salt  
water  
1 package of flour tortillas

### **Preparation of the beans:**

Heat the skillet, add a tbsp. of water and start to sauté the onion. Add a pinch of salt and sauté until they are soft. Add the beans and stir until the beans and onions are mixed and soft.

### **Preparation of the tortillas:**

Add water to a skillet and a metal strainer with a cover. Bring the water to a boil and place the tortillas on the strainer and cover until the tortillas are soft, about 30 seconds. Add some beans to the tortillas and top with salsa, lettuce, guacamole or whatever you want.