

Caribbean Beans & Greens Wrap

This recipe has been field tested and approved by the student gardeners at Aberdeen Elementary School.

1 cup of diced onions
1 garlic glove, minced
1 tablespoon vegetable oil
1/2 teaspoon of dried thyme
1/2 teaspoon of ground allspice
1/2 teaspoon of salt
4 cups of lightly packed collard greens
1 tablespoon of water or as needed
1-1/2 cups cooked black beans
3 tablespoons of orange juice
4 flour tortillas

Saute the onions and garlic in the oil for about 10 minutes until translucent. Add thyme, allspice, salt, collard greens and water. Cover and cook on medium heat, adding more water if necessary to prevent sticking until greens are tender – about 5 -10 minutes.

Push the greens to the sides of the pot, add the beans to the center, and mash them well with a potato masher. Add the orange juice, stir everything together, remove from heat.

Warm the tortillas. Place a generous 1/2 cup of filling on the bottom half of each tortilla, roll it up and eat it.

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