

**KIDS COOKING LOCAL- VIRTUAL!  
WEEK OF NOVEMBER 9 - 13, 2020**



**ITEMS IN THE KCL BAG:**

*From C&S Wholesale Grocers*

**1 can of refried beans  
1 bottle of chili powder  
1 pack of tortillas**

*Fresh Produce and dairy:*

**1 head of lettuce  
1 tomato  
1 bell pepper  
1 onion  
Shredded cheese**

**Burritos**

**Demonstration by Chef Trevor Luke from Zippy's Hawaii**

**Find the link to the video on this page: <https://www.hawaiiagfoundation.org/kids-cooking-local/>**

**After cooking with your virtual chef, please fill out the post-cooking survey at:**

**<https://forms.gle/U3bUc1mqUP9Ndvp26>**

**Ingredients:**

**1 small head lettuce  
1 tomato  
1 bell pepper  
1 onion  
1 (10-count) package flour tortillas  
2 cups grated cheese (cheddar or monterey jack)  
1 (16 oz) can refried beans  
4 teaspoons chili powder (optional)**

**Directions:**

- 1. Chop lettuce, tomatoes, bell peppers, onions. Set aside.**
- 2. Heat refried beans in saucepan- mix in chili powder for extra spiciness. Set aside.**
- 3. On an ungreased pan, warm flour tortillas by placing one at a time on a hot plate.**
- 4. Sprinkle cheese over the warm tortilla. Melt cheese.**
- 5. Remove the tortilla from the pan.**
- 6. Spread refried beans on to the tortilla. Sprinkle lettuce, tomatoes, bell peppers and onions on the tortilla.**
- 7. Fold and roll the tortilla into a burrito.**