

Bean and Rice Burritos

These baked burritos are a great way to use leftover cooked rice.

Makes: 8 burritos

Ingredients

- 2 cups cooked kidney beans or 1 can (15 ounces), low-sodium, drained
- 2 cups cooked brown rice
- 1 small onion, chopped
- 8 medium whole wheat flour tortillas
- ½ cup cheese, shredded
- ½ cup salsa



Directions

1. Preheat the oven to 375°F.
2. Drain the liquid from the cooked or canned kidney beans.
3. Combine the rice, onion, and beans in a bowl.
4. To prevent tortillas from tearing when folding, place them between slightly damp paper towels and microwave on high for 20-30 seconds.
5. Put ½ cup of the rice and bean mix in the middle of each tortilla and fold the sides of the tortilla to hold the rice and beans.
6. Put each filled tortilla (burrito) in the baking pan; Bake for 20 minutes.
7. Pour the salsa over the baked burritos. Add cheese.
8. Broil on high until the cheese melts. Watch closely to prevent burning.
9. Serve the burritos warm.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.