

Bean and Rice Burritos

INGREDIENTS

- 1, 15oz can black beans, drained and rinsed
- 1, 15oz can low-fat refried beans
- 1 cup salsa
- 1 $\frac{3}{4}$ cup white or brown rice, cooked
- 6 whole wheat tortillas
- Optional toppings:
 - Cheese
 - Lettuce
 - Tomatoes
 - Avocado

TIME: 15 MINUTES
SERVINGS: 6



Adapted from:
champagneandcoffeestains.com



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PROCEDURE

1. In a skillet, combine the black beans, refried beans, and salsa and heat on medium heat until warmed through, about 5-6 minutes. Stir occasionally.
2. Once the bean mix is cooked, stir in the cooked rice until well combined. Remove from heat.
3. Evenly spread the mix into the edge of the flour tortillas and roll up to make into a burrito.
4. Heat a skillet to medium heat and cook the burrito on each side until golden browned, about 4-5 minutes each side.

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