

Bean and Rice Burritos

These baked burritos are a great way to use leftover cooked rice. Try them with brown rice for a whole grain boost.

Makes: 8 servings
 Prep Time: 20 minutes
 Cook Time: 15 minutes

Source: [MyPlate.gov, recipe/Bean and Rice Burritos](https://www.MyPlate.gov/recipe/Bean-and-Rice-Burritos)

Ingredients

- 2 cups rice (cooked)
- 1 onion (small, chopped)
- 2 cups kidney beans (cooked, or one 15 ounce can, drained)
- 8 flour tortillas (10 inch)
- 1/2 cup salsa
- 1/2 cup cheese (shredded)

Directions

1. Preheat the oven to 300 degrees.
2. Peel the onion, and chop it into small pieces.
3. Drain the liquid from the cooked (or canned) kidney beans.
4. Mix the rice, chopped onion, and beans in a bowl.
5. Put each tortilla on a flat surface.
6. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.
7. Fold the sides of the tortilla to hold the rice and beans.
8. Put each filled tortilla (burrito) in the baking pan.
9. Bake for 15 minutes.
10. While the burritos are baking, grate 1/2 cup cheese.
11. Pour the salsa over the baked burritos. Add cheese.
12. Serve the burritos warm.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/8 of recipe	
Nutrients	Amount
Calories:	358
Total Fat:	8 g
Saturated Fat:	3 g
Cholesterol:	7 mg
Sodium:	557 mg
Total Carbohydrates:	58 g
Dietary Fiber:	6 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	13 g

Utensils Needed

- Colander
- Sharp Knife
- Cutting board
- Bowl
- Spatula
- Baking pan
- Measuring cups
- Spoon
- Grater

SHOPPING LIST

Average total cost without oil and seasonings: \$11.62

Average cost/serving: \$1.45

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Brown Rice, 16 ounces



Add 1 to Cart
Kidney beans (Cooked or
canned)



Add 1 to Cart
Small Onion



Add 1 to Cart
Flour Tortillas



Add 1 to Cart
Salsa



Add 1 to Cart
Cheese

SAVE TIME, SAVE MONEY

My Cooking Notes

Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from snapedny.org for the following ingredients.
- Brown Rice:
 - Black Bean Burgers
 - Taco Rice Salad
- Beans:
 - Vegetarian Chili
 - Rice Bowl Southwestern Style