



Red Bean and Brown Rice Burritos

This recipe can easily be made and assembled a day in advance. To reheat: microwave and then add lettuce.

U.S.

4 each	Whole Wheat Tortilla, burrito size
4 cups	Red Beans and Brown Rice (see recipe)
1/2 cup	Mexican Cheese Blend
1 cup	Romaine Lettuce, shredded
1 each	Globe Tomato, diced small

Metric

4 each
450 g
60 g
50 g
1 each

Preparation:

1. Gather all ingredients and equipment.
2. Reheat red beans and rice in a pot over low heat or microwave on high until heated through.
3. Warm the flour tortillas by placing between 2 damp paper towels and microwaving for 10-15 seconds.
4. To assemble burrito, place 1 cup beans and rice, 2 tablespoons cheese, 1/4 cup lettuce, and 1/4 of the tomatoes onto the center of the lower half of a tortilla. Fold in sides and bottom up and roll away to wrap tightly. Enjoy!

Nutrition Facts

4 Servings

Serving size **1 Burrito**

Amount per serving

Calories **450**

Total Fat	13 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	15 mg
Sodium	570 mg
Total Carbohydrate	66 g
Dietary Fiber	10 g
Total Sugars	5 g
Includes 0g Added Sugars	
Protein	18 g
Vitamin D	0 %
Calcium	8 %
Iron	3 %
Potassium	400 mg
Phosphorus	125 mg
