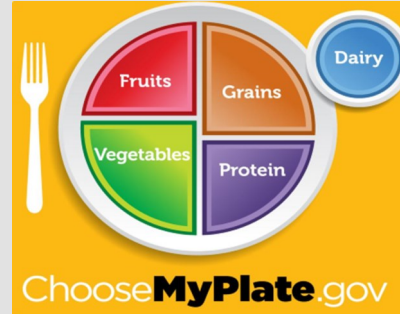


Bean and Rice Burrito

Ingredients

- 16 oz **black beans**, drained and rinsed
- 16 oz **refried beans**
- 1 cup salsa
- 3 Tbsp taco seasoning
- 1 3/4 cup **rice**, cooked
- 6 **whole wheat tortillas**



Food items available in our store

Steps

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

This institution is an equal opportunity provider.