

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Bean and Rice Burritos

- 1 small onion, chopped
- 2 cups cooked kidney beans or 1 (15-ounce) can, drained
- 2 cups cooked white or brown rice
- 8 (10-inch) flour tortillas
- ½ cup salsa
- ½ cup grated cheese

Preheat oven or electric skillet to 300°F. Mix onion, beans and rice. Put ½ cup of mixture in the middle of each tortilla. Fold tortilla sides to hold filling. Place each filled tortilla in baking pan or electric skillet. Bake 15 minutes. Serve with salsa and grated cheese. Makes 8 servings.

Source: The Pennsylvania Nutrition Education Program



UNIVERSITY OF MISSOURI EXTENSION

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Bean and Rice Burritos

Note:

- This recipe is a good use of leftover cooked rice.

Nutrition Facts	
Serving Size 1 burrito (187g)	
Amount Per Serving	
Calories 370	
% Daily Value*	
Total Fat 8g	12%
Sodium 560mg	23%
Total Carbohydrate 60g	20%
Dietary Fiber 5g	20%
Protein 13g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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