

Anytime Burrito

Ingredients

- 4 whole wheat flour tortillas (10 in)
- 1 cup brown rice
(cooked - leftover rice is great here!)
- 1 cup pinto beans, drained
(any cooked beans ok)
- ¼ cup low-fat cheese (grated)
- ¼ cup salsa
- *Optional: ½ tsp oregano, ½ tsp cumin,
½ cup canned corn (drained)*



Directions

1. Mix rice and beans in bowl. Add seasonings, as desired.
2. Place tortillas flat on clean working space. Put about ½ cup of bean and rice mixture in middle of each tortilla. Sprinkle ~1 tablespoon of cheese on top of rice and beans.
3. Fold the sides of the tortilla over to hold the rice and beans.
4. Microwave for 45 seconds or heat on stovetop pan for crispy outside.
5. Serve with 1 tablespoon of salsa.

Recipe adapted from

<https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/bean-and-rice-burritos-fdd>

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