



Beef, Rice, and Bean Burrito

This recipe is a great way to use dinner leftovers for lunch!

<u>U.S.</u>		<u>Metric</u>
5 each	Whole Wheat Tortillas	5 each
1 Tbsp	Olive Oil	15 mL
1 each	Yellow Onion, small dice	110 g
2 cloves	Garlic, minced	6 g
1/2 cup	Brown Rice	119 g
1 1/2 cups	No sodium added vegetable stock or water	357 mL
1/3 lb	Ground Beef, 90/10	152 g
1/2 each	Red Bell Pepper, small dice	60 g
4 oz	Canned Tomatoes, diced	113 g
8 oz	Pinto Beans, drained and rinsed	226 g
1 tsp	Worcestershire sauce	5 mL
1 tsp	Taco Seasoning, see recipe	5 g
1/4 cup	Low-fat Cheddar Cheese	29 g
1/8 tsp	Kosher Salt	0.5 g
1/4 tsp	Black Pepper, ground	1.25 g
2 Tbsp	Cilantro	7.2 g
Taco Spice Blend:		
1 tsp	Chili Powder	3 g
1/4 tsp	Garlic Powder	0.75 g
1/4 tsp	Onion Powder	0.75 g
1/4 tsp	Oregano, dried	0.25 g
1/2 tsp	Cumin, ground	1.5 g
1/4 tsp	Smoked Paprika	0.75 g

Preparation:

1. Gather all ingredients and equipment.
2. In a medium saucepot, add the vegetable stock and brown rice. Bring to a boil, then reduce the heat to low and allow rice to simmer for 8-10 minutes or until rice is tender. If it dries out before the
3. In a skillet over medium heat, add the oil, 3/4 of the diced onion, red bell peppers, ground beef, and taco seasoning. Be sure to stir frequently, cook for about 10 minutes or until onion becomes
4. Then, add the tomatoes, garlic, pinto beans, and Worcestershire sauce. Bring to a boil and then allow the mixture to simmer over a low heat for 5-8 minutes or until liquid is 3/4 dissolved. Then add
5. For tortillas, warm them over an open flame or in the oven for 1-2 minutes on each side.
6. Make each burrito using 3/4 cup of filling, then top with cheese, diced onions and fresh cilantro.
7. Roll and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 cup filling 1 tortilla
Servings	5
Calories	353
Calories from Fat	100
Total Fat	11 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	28 mg
Sodium	449 mg
Carbohydrates	47 g
Dietary Fiber	7 g
Sugars	4 g
Protein	17 g
Vitamin A	71 %
Calcium	8 %
Vitamin C	28 %
Iron	73 %
Phosphorus	98 mg
