



FREEZER BEAN BURRITOS

Yield: 5 burritos

Serving Size: 1 burrito

INGREDIENTS	DIRECTIONS
2 tablespoons vegetable oil	<p>Preheat oven to 350 degrees F, then put tortillas on baking sheet and warm in oven for about 2 minutes. Or warm tortillas in a microwave for about 10 seconds. Place oil, onion, bell pepper and garlic in the skillet and cook for 5 minutes. Pour beans and cooked brown rice into skillet. Cook 5 minutes while stirring. Add herbs and spices and mix well. Spoon bean mixture evenly down center of the warm tortillas. Place 1 slice of romaine lettuce and some chopped tomatoes on top of mixture. Serve immediately.</p> <p>To freeze: Spoon bean mixture only into tortilla, roll tortilla, and individually wrap each burrito in plastic wrap and place in freezer.</p> <p>Reheating Instructions Microwave only: Remove frozen burritos from plastic wrap. Place on a microwave-safe plate, covered with a microwave-safe bowl, and defrost at high power for 3 to 4 minutes; uncover, and microwave on high 3 to 4 minutes longer. Add lettuce and tomato as desired and serve immediately.</p>
3/4 cup chopped onions	
2 garlic cloves, minced	
1 cup chopped red bell pepper	
1 cup chopped green bell pepper	
Optional Additions: <ul style="list-style-type: none"> • 1 cup chopped broccoli florets • 1 cup chopped mushrooms 	
15.5 oz. canned black beans, rinsed	
1 cup brown rice, cooked	
1 tablespoon cumin	
1/2 tablespoon chili powder	
2 tablespoons fresh cilantro	
Salt and pepper to taste	
5 whole wheat tortillas	
5 romaine lettuce leaves	
1 cup chopped tomatoes	

Nutrition Comparison

	Fast Food Black Bean Burrito	Freezer Bean Burrito
Calories	390	320
Fat	11 g	9 g
Saturated Fat	4 g	0 g
Sodium	1,020 mg	540 mg
Cholesterol	10 mg	0 mg
Carbohydrates	60 g	52 g
Fiber	8 g	9 g
Protein	12 g	10 g