

Rice and Bean Burrito

Yield: 5 servings

Ingredients

1½ cups no-sodium vegetable stock
or water ½ cup brown rice
1 tablespoon olive oil
1 yellow onion, diced small
1 medium red bell pepper, diced small
8 ounces canned diced tomatoes
2 cloves garlic, minced
15 ounces canned pinto beans,
drained and rinsed
1 teaspoon Worcestershire sauce
5 whole-wheat tortillas
¼ cup low-fat cheddar cheese,
shredded (optional)
1 teaspoon kosher salt
¼ teaspoon black pepper
2 tablespoons fresh cilantro, chopped

Taco Seasoning:

1 teaspoon chili powder
½ teaspoon cumin, ground
¼ teaspoon each garlic powder, onion
powder, oregano dried, smoked paprika

Instructions

1. In a medium saucepot, add the vegetable stock and brown rice. Bring to a boil, then reduce heat to low and allow rice to simmer for 8 to 10 minutes or until rice is tender. If it dries out before the rice is done, add water as needed in increments of ¼ cup.
2. In a skillet over medium heat, add the oil, ¾ of the diced onion, red bell peppers and taco seasoning. Be sure to stir frequently; cook for about 5 to 8 minutes or until onion becomes translucent.
3. 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 to 8 minutes or until liquid is ¾ dissolved. Then add to the pot of cooked rice.
4. Warm tortillas, warm them over an open flame or in the oven for 1 to 2 minutes on each side.
5. Make each burrito using ¾ cup of filling, then top with cheese, diced onions and fresh cilantro.
6. Roll and enjoy!

Nutrition Information

Serving Size: 1 cup filling and 1 tortilla

Calories: 320
Total Fat: 7 g
Saturated Fat: 2 g
Monounsaturated Fat: 0 g
Sodium: 485 mg
Total Carbohydrate: 53 g
Dietary Fiber: 9 g
Sugars: 4 g
Protein: 12 g

Source: Goldring Center for Culinary Medicine

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