

Easy Bean & Rice Burritos

- 2 cups leftover cooked brown rice
- 15 ounce canned beans or 1-1/2 to 2 cups cooked beans, undrained
- 1 tablespoon dried onion
- 1-1/2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- Pinch EACH black pepper and cayenne pepper
- 6 whole-wheat tortillas
- 6 tablespoons salsa
- 6 tablespoons nonfat yogurt
- 3/4 cup shredded reduced-fat cheddar cheese or Mexican Blend

I love this recipe for lunch or a quick supper in the Summer. It's also a great way to use up leftover rice.

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eat with a lettuce and tomato salad dressed with fat-free Ranch and a lot of cucumber slices.

Makes 6 servings.

Begin by combining the rice, beans, and seasonings in a saucepan or skillet. Stir it all up and allow it to simmer until the rice absorbs some of the liquid and the mixture is heated throughout. If you must let it simmer longer than expected then you may want to add a little extra water to keep everything moist.

Warm the tortillas in a dry skillet or using your favorite method.

Use about 1/2-cup of the bean and rice mixture to fill each burrito. Each one is topped with 1-tablespoon salsa, 1-tablespoon yogurt and 2-tablespoons shredded cheese. Roll them up and

Made with Black Beans

*Per Serving (excluding unknown items): 325
Calories; 6g Fat (16.5% calories from fat); 15g*

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Calories; 6g Fat (15.7% calories from fat); 14g Protein; 55g Carbohydrate; 6g Dietary Fiber; 8mg Cholesterol; 848mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Protein; 54g Carbohydrate; 7g Dietary Fiber; 8mg Cholesterol; 771mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Made with Kidney Beans

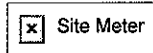
Per Serving (excluding unknown items): 326 Calories; 6g Fat (15.5% calories from fat); 14g Protein; 56g Carbohydrate; 8g Dietary Fiber; 8mg Cholesterol; 795mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Made with Pinto Beans

Per Serving (excluding unknown items): 321

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1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.



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