

Rice and Bean Burrito

Serving: 4

Ingredients

2-4 Whole Wheat Flour Tortillas

2 Cups **Brown Rice** *cooked*

Vegan Refried Pinto Beans *(or refried black beans)*

Red Onion

Red Pepper

Lettuce

Serrano Peppers *optional*

Organic Corn *(thaw if frozen)*

Guacamole *(or Avocado)*

Pico de Gallo *(or Diced Tomatoes)*

Hot Sauce

Directions

Cook the brown rice either in your rice cooker or in a pot, or you can buy it already cooked in the freezer section of the grocery store.

Mix together the brown rice and refried beans.

Place the brown rice and bean mixture in to the center of the tortilla first. You can use 1/4-1/2 of the mix in each one, depending on how many burritos you are making. Then pile the rest of the ingredients on top.

Wrap the burrito. Fold in both ends and then fold the first full edge all the way over the contents, tucking it under all of your fillings. Then, you will be able to roll the burrito over the remaining edge of the tortilla.

For an added bonus, put a non-stick pan on medium to high heat and grill the burrito on both sides for 3-5 minutes or until it is brown and crispy.

