

Rice and bean burrito can be very versatile dish with southwest flavor that can be stuffing for your burritos or a hearty dip for tortillas. Vegetarian and delicious!

## Rice and Bean Burritos



Note: If you prefer a spicier filling, you might want to add additional black pepper or your favorite diced chilies to the beans or rice.

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### For the beans

- 1 (16 ounce) bag dried pinto beans
  - 1 large onion, chopped
  - 4 cloves garlic, minced
  - 2 (14-1/2 ounce) cans chicken or vegetable broth
  - 2 (14-ounce) soup cans of water
  - 1/2 teaspoon salt
  - 1/4 teaspoon ground black pepper
1. Follow the directions on the back of the bag for cleaning and soaking the beans. Drain water.
  2. In a large saucepan, combine the beans, onion, garlic, broth, and water. Season with salt and pepper. Bring to a boil. Reduce heat to low and simmer 2 1/2-3 hours, until beans are plump and soft, stirring often. Add salt and pepper to taste.

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When storing garlic it should be in a cool, dry place. For just a few heads of garlic, a ventilated ceramic container or garlic keeper is perfect. If you buy a large amount of garlic, hang it in a mesh sack in your basement or garage.

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### For the rice

- 2 tablespoons vegetable oil
  - 1/3 cup minced onion
  - 1/3 cup minced bell pepper
  - 1 1/2 cups uncooked long-grain white rice
  - 1 (14 1/2-ounce) can chicken or vegetable broth
  - 1/4 cup tomato sauce stirred into 1 1/2 cups water
1. Pour the oil into a large skillet. Add onion, bell pepper, and rice and sauté over medium heat until rice is lightly toasted.
  2. Add the broth and tomato sauce water. Bring to a boil and covered. Reduce heat to simmering or rice will be mushy.
  3. Remove from heat and let stand 5 minutes. Carefully fluff with a fork.
  4. Heat tortillas according to package directions

### For the burritos

- 8 large (at least 10-inch) flour tortillas
  - 2 cups shredded Monterey Jack or cheddar cheese (optional)
1. Place tortilla on a flat surface. Mound 1/4 cup rice, 3/4 cup bean mixture, and 1/4 cup shredded cheese (if desired) on one side of tortilla, leaving enough tortilla to cover the filling when you fold it over. Fold once over filling, tucking edge under filling. Alternate folding in each side of the tortilla as you roll, and tightly roll into a bundle. Repeat process for remaining tortillas.
  2. If desired, serve with sour cream, salsa, and avocado.

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