



WHITE BEAN BURRITOS

INGREDIENTS:

1 PACKAGE WHOLE GRAIN TORTILLAS (MEDIUM SIZE)
1 CAN WHITE BEANS (DRAINED AND RINSED)
½ CUP SLICED MUSHROOMS
1 SLICED RED BELL PEPPER
1 CUP RICE MEDLEY (BLEND OF RICE WILD, BASMATI, BROWN,
ETC) OR QUINOA COOKED AS PER PACKAGE DIRECTIONS
¼ MEDIUM ONION CHOPPED
2 CLOVES OF GARLIC MINCED
OLIVE OIL FOR COOKING
½ CUP OF SHREDDED CHEESE (CHEDDAR WORKS WELL)
SALT AND PEPPER TO TASTE

DIRECTIONS:

SAUTÉ ONION, GARLIC, MUSHROOMS, AND BELL PEPPER
TOGETHER UNTIL VEGGIES ARE SOFT
ADD BEANS AND STIR TO COMBINE
REMOVE FROM HEAT AND ADD COOKED RICE BLEND
STIR TO COMBINE AND TASTE FOR SEASONING (ADD SALT AND
PEPPER AS REQUIRED)
SPOON FILLING ONTO A TORTILLA AND TOP WITH DESIRED
AMOUNT OF CHEESE
ROLL INTO BURRITO AND WRAP INDIVIDUALLY IN FOIL
REPEAT FOR ALL TORTILLAS
FREEZE

CAN MICROWAVE OR BAKE FROM FROZEN

 **Jocelyn Wells**
HELPING FAMILIES THRIVE