

Freezer-Friendly Bean and Rice Burritos

Easy individually-wrapped bean and rice burritos for the freezer! These burritos are simple and delicious!

Yield:

8 burritos

Ingredients:

4 cups cooked pinto beans (or beans of your choice)

4 cups cooked rice (1 1/3 cups dry rice, cooked)

4 cups (16 ounces) shredded Mexican or cheddar cheese

Salt, to taste

Hot sauce, optional (we like Tapatio or Cholula)

8 burrito-size flour tortillas

Sour cream or hot sauce, for serving Instructions:

1.
In a large bowl, toss together the beans, rice, cheese, and some splashes of hot sauce (if using). Add a little salt if you haven't already salted your beans or rice.
2. Spread about 1 1/2 cups of the beans and rice mixture on each tortilla. Fold into burritos (see below). Wrap individually in pieces of foil.
3. Place foil-wrapped burritos in a gallon-size freezer Ziplock bag, removing excess air if possible. Label with name and date. Freeze for up to 6 months (if tightly wrapped).

Reheating instructions:

From frozen: Place frozen burritos a few inches apart directly on oven rack. Turn oven on to 375 degrees and bake for 35-40 minutes, until hot inside. Serve with sour cream or hot sauce!

From thawed (or freshly made): Place burritos a few inches apart directly on oven rack. Turn oven on to 375 degrees and bake for 25 minutes, until hot inside. Serve with sour cream or hot sauce!



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This recipe is from Tammy's Recipes.

Weekly Menu #7

Sunday: baked chicken legs, baked broccoli (Alton Brown's recipe), a starch

Monday: Easy Paella (my recipe)

Tuesday: Greek Cigars

Wednesday:

Thursday:

Friday: Broccoli & Cheddar Cheese Soup, homemade bread

Saturday:

Weekly Menu #9

Saturday: Scrambled eggs, onions, potatoes, bacon, toast, L: cheese & crackers, sliced veggies, D: Veggie soup w/ fresh bread

Sunday: Out for breakfast, L: to in-laws

Monday: Breakfast burritos, L: ham & cheese sandwiches, chips, sliced veggies, oranges, cookie D: Stir-fry w/ pork & rice, pudding w/ whipped cream

Tuesday: Dave breakfast burritos, John & I apples & cinnamon oatmeal L: Dave same as yesterday John & I grilled cheese, oranges D: Dave out to Knights for dinner...John and I McDonald's

Wednesday: Dave breakfast burritos, John & I scrambled eggs, L: everyone gets ham & cheese sandwiches, D: tacos,

Thursday: Dave gets breakfast burritos & OJ, John and I oatmeal with pomegranates, L: Quesadillas w/ cheese and refried beans and Dave gets ham & cheese, D: meatloaf, mashed potatoes, veggies, jello carrot pineapple salad w/ whipped cream

Friday: Dave gets oatmeal, L: peanut butter & jelly sandwiches D:lentil soup, sliced veggies

Saturday: B: pancakes & bacon L: quesadillas w/ cheese & refried beans D: chicken souvlaki in pitas

Weekly Menu #8

Sunday: cornish game hens, potato gnocchi w/ peas & bacon

Monday: Enchiladas

Tuesday: Spicy maple chicken legs, au gratin potato, zucchini cakes

Wednesday: Pat & Hank's for dinner

Thursday: Mac n' cheese, ham steaks, broccoli

Friday: Spaghetti & Italian sausage

Weekly Menu #7

Sunday: Football snack: chix wings D: swedish meatballs over egg noodles

Monday: smoked sausage jambalaya

Tuesday: cornish game hens, potato gnocchi w/ bacon & peas

Wednesday: enchiladas (w/ black beans)

Thursday: spicy maple chicken, au gratin potato, zucchini cakes

Friday: B: breakfast burritos L: salad D: broccoli & cheese soup

Weekly Menu Plan #6

Sunday: Pork Chops (breaded w/bread crumbs), apple sauce, mac n' cheese, green beans

Monday: In-Laws

Tuesday: Pot Roast, potatoes, carrots, onions

Wednesday: Chili over spaghetti noodles

Thursday: Au gratin potatoes w/ ham & broccoli casserole

Friday: Fish, smashed potatoes, corn

Saturday: Pork chops somehow

Sunday: Cornish game hens, potato gnocchi w/ bacon & peas

Weekly Menu #5

This is going to be for a long week because I'm including this weekend as well as next.

Friday: Fish fillets, corn and boiled Yukon gold potatoes (fresh from our garden)

Saturday:

Sunday: L: hot pockets D: buffalo wings from freezer & jalapeno poppers Also on Sunday make a large batch of breakfast burritos for the freezer. Also, make a loaf of bread and a batch of brownies.

Monday: B: breakfast burritos D: Honey Garlic Chicken, yellow rice, broccoli

Tuesday: B: breakfast burritos D: chili (make large batch and freeze some)

Wednesday: B: cereal, OJ and fruit L: D: sausage, peppers and onions over rice

Thursday: B: breakfast burritos L: e D: Creamy Macaroni & Cheese, pork chops, apple sauce, cauliflower

Friday: B: cereal, OJ and fruit L: ?? D: beef roast, potatoes, carrots, onions, beef gravy.

Shopping list:

2 cartons of eggs

red bell pepper x 3

yellow onion x 4

2 lb bacon

block of cheddar (BJs)

2 pkgs of 10 flour tortillas

flour

vanilla

cucumber

croutons

bag of chips

grapes

bananas

3/4 lb deli ham

frozen broccoli

frozen cauliflower

garlic bulb

honey

soy sauce (check cabinet)

yellow rice

diced tomatoes (BJs)

onion powder

garlic powder

12 jalapenos

cream cheese

mozzarella cheese

cilantro

elbow pasta

butter

heavy whipping cream

small block of gruyere

apples

pork chops

beef roast

beef gravy

Weekly Menu #4

Monday: B: out, L: out, Dinner: Sausage, peppers, onions over rice. Ice cream.

Tuesday: B: Cereal and yogurt. L: Daddy ham sandwich, fruit cup, chips, cookies, seltzer. John & Andrea grilled cheese, fruit, cookie, milk. Dinner: Easy Paella.

Wednesday: B: Cereal & yogurt. L: Daddy...same as above. John & Andrea mac n' cheese, fruit & veggies, cookie, milk. Dinner: Meatball Souvlaki, greek yogurt, pitas, roasted veggies.

Thursday: B: Cereal & yogurt. L: Daddy...same as above. John & Andrea hot dog, fruit & veggies, cookie, milk. Dinner:pork chops, stuffing, broccoli.

Friday: B: Cereal & yogurt. L: Daddy...same as above. John & Andrea grilled cheese, fruit, cookie & milk. Dinner: Stuffed clams, rice, salad.

Saturday: B: Scrambled eggs.

Weekly Meal Plan 3

Day 1: Baked potato (with all the fixings), sugar snap peas

Day 2: Italian sausage, peppers, onions over rice, side salad

Day 3: Steak, potato wedges, side salad

Day 4: Chicken wraps, broccoli with cheese

Day 5: Shrimp Newburg, rice, salad

Day 6: Crock-pot roast, potatoes, onion, carrot

Day 7: Tacos

Weekly Meal Plan 2

Day 1: Fish stick sandwiches (American cheese, tarter sauce), side salad

Day 2: Chicken Cordon Bleu, tortellini soup, fresh sliced vegetables

Day 3: Hamburgers, fries

Day 4: Pork Chops, rice side dish and small salad

Day 5: Pan-Fried pounded flat, breaded chicken breast, quinoa salad

Day6: Tacos with all the fixings

Day 7: Kielbasa sausage, sauerkraut, potato pancakes (horseradish, sour cream & apple sauce)