

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!



This recipe is from Tammy's Recipes.