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.