

Easy Vegetarian Rice and Bean Burrito

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

Servings: 6 to 8 servings

Burritos are a great way to combine a few ingredients together into a delicious handheld meal. They're extremely versatile, and can be made to please meat lovers and vegetarians alike. This quick and easy vegetarian bean burrito calls for leftover rice, canned black beans, store-bought salsa, and cheddar cheese. (For a vegan variation, use vegan cheese or omit it altogether.) There's plenty of protein from the beans, and they make for a satisfying and filling dish.

Add whatever extra seasonings and veggies you like, such as sautéed peppers, chopped tomato, or some cayenne pepper or chili powder for a spicier vegetarian burrito. Although some purists insist that burritos should not be prepared with rice at all, this recipe is an ideal use for leftover rice, is quick to put together, completely customizable to your family's tastes, and is budget friendly.

Ingredients

- 1 (15-ounce) can black beans, drained
- 1 1/2 cups salsa
- 1/2 teaspoon ground cumin
- 1 3/4 cups cooked rice
- 6 to 8 large flour tortillas
- 1 cup grated cheddar cheese
- 1/2 cup sour cream, optional
- 1 cup shredded lettuce, optional
- 1 large sliced avocado, optional
- Hot sauce, to taste, optional

Steps to Make It

1. Gather the ingredients.
2. In a large skillet or frying pan over low heat, add the black beans, salsa, and ground cumin, stirring to combine.
3. Add the precooked or leftover rice and allow it to cook just until hot. (Alternatively, mix the ingredients in a microwave-safe bowl and heat in the microwave.)
4. Warming the tortillas will make them more pliable for rolling; you can heat them quickly in the microwave or in a dry, hot skillet. Place warm tortillas in between clean cotton towels to keep warm before serving.
5. Spoon the rice and beans mixture onto the flour tortillas, dividing evenly.
6. Top each with grated cheese and sour cream, lettuce, 2 or 3 slices of avocado, and a splash of hot sauce if you like.
7. Wrap the burritos and serve hot.
8. Eat whole or slice in half and enjoy.

Recipe Variations

The beauty of this recipe is in its simplicity, but that doesn't mean you can't use it as a base and customize it to your liking.

- Swap out the plain rice for some prepared Mexican rice, brown rice, or Spanish rice.
- Instead of canned black beans, use some homemade frijoles negros or homemade refried beans.
- Other fillings to consider include green onions, chopped fresh cilantro, diced tomatoes, pickled jalapeños, and homemade guacamole.
- Pump up the flavor and complexity of the cumin by toasting cumin seeds in a small frying pan and then grinding them in a spice grinder or with a mortar and pestle.
- Use vegan sour cream, plain yogurt, and/or cheese.
- If you are not a vegetarian, add some leftover meat that's been diced, shredded, or cut into small pieces. Ground beef, turkey, or chicken also work well.

How to Store Rice and Bean Burritos

These burritos will keep for three or four days, well wrapped in aluminum foil in the refrigerator. Wrap loosely in foil and reheat in a 350 F oven until hot. You can also cut them in half, wrap them, and freeze them for later use. They can be reheated in the microwave or the oven.

Tip

You can double this recipe very easily. If you have leftover rice or beans that you won't use up within a few days, you can freeze it. It's helpful to freeze these foods separately in 1- to 2-cup increments in a zip-close freezer bag. You can add them frozen to a hot pan that's cooking with other burrito ingredients, and they'll cook quickly.