



Bean Burritos

Ingredients

- 1 package of large tortillas (gluten-free option: pure corn tortillas)
- 2 tablespoons oil
- 1 cup rice
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 (14-ounce) can black beans, rinsed and drained
- 2 tablespoons water
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- Juice of 2 limes (optional)
- ¼ cup chopped cilantro (optional)
- Additional toppings, such as avocado, chopped tomato, cheese, and sour cream (optional)



Instructions

1. Preheat the oven to 350 F, and warm the tortillas for 5 to 10 minutes (if desired). Cook rice according to package directions.
2. Meanwhile, in a medium skillet, heat the oil. Add the onion and garlic, and saute for 2 to 3 minutes. Add the beans, and cook for 1 to 2 minutes. Add the water, chili powder, cumin, oregano, salt, and pepper, and mix well to combine the flavors. Lower the heat, and simmer for 5 minutes.
3. Fluff the cooked rice with a fork. Add the lime juice and cilantro (if using), and stir together.
4. Place some of the bean and rice mixture and rice in the center of each tortilla, along with any other desired safe toppings, such as avocado, chopped tomato, or cheese or sour cream (unless milk allergy is a concern). Fold each tortilla into a burrito.

Recipe Note

You can use smaller tortillas to make tacos, depending on your family's preference or if you can't find large gluten-free tortillas.

Save time by buying rice precooked or preparing it in advance.