

CHEESY BEAN AND RICE BURRITOS

COMBINE:

- 1 can (14-oz) **refried beans**
- ½ cup **sour cream** or plain Greek yogurt
- 2 oz (~½ cup) grated **cheddar cheese**
- 1 tablespoon **taco seasoning**
- 2 tablespoons **salsa**
- Dash of **hot sauce**, optional

ASSEMBLE WITH:

- 8 (8-in) **tortillas**
- 4 oz (~1 cup) grated **cheddar and Monterey Jack cheese**
- 1½-2 cups **cooked cilantro-lime rice**

FREEZING INSTRUCTIONS:

1. Add about ¼ cup bean mixture, ¼ cup rice and 2 tablespoons cheese to each tortilla. Fold in the sides and roll tightly. Toast on all sides until golden brown and crispy.
2. Let burritos cool. Wrap each assembled burrito in parchment, transfer to a Ziploc bag and freeze.

COOKING INSTRUCTIONS:

AIR FRYER (PREFERRED)

From frozen • 350°F 15-20 mins
Flipping halfway through

MICROWAVE

From frozen • Remove wrapping
Cover with damp paper towel
1-2 mins DEFROST, then
1 min full power

FINISHING TOUCHES:

Serve with

- salsa
- hot sauce
- [cilantro yogurt sauce](#),
[chipotle crema](#) or
[jalapeño aioli](#)

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