

# Refried Bean Burrito

SERVINGS  
4

PREP TIME  
10 MIN

COOK TIME  
10 MIN

TOTAL TIME  
20 MIN

*Creamy refried beans, seasoned veggies, and perfectly seasoned rice wrapped in a warm tortilla. Everyone loves this plant-based burrito that comes together in just 20 minutes.*



**ORGANIZING**  
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## Ingredients

## Directions

1

•Any Favorite Rice, *see note*

### PREPARE RICE

- **Rice options:** a package of cilantro lime rice (check the label to ensure vegan), white rice seasoned with sazón and a squeeze of lime, or any simple rice all work great here.
- Prepare your chosen rice according to package or standard instructions and set aside.

2

•1-2 tbsp Olive Oil  
•1 Medium Onion  
•1 Red Bell Pepper  
•1 Jalapeno  
•1 tbsp Taco Seasoning

### PREPARE VEGGIES

- Heat a generous drizzle of olive oil in a medium skillet over medium heat.
- Slice onion and bell pepper into strips.
- Dice jalapeño, removing seeds to reduce heat if desired.
- Add all veggies to the skillet and sprinkle with taco seasoning, adding more to taste.
- Cook until slightly caramelized, about 5-7 minutes, then set aside.

3

•1 Can Refried Beans  
•Taco Seasoning (To Taste)

### PREPARE BEANS

- Place refried beans in a microwavable dish, add taco seasoning to taste, stir and heat until warmed throughout.

4

•4 Burrito Size Flour Tortillas

### WARM TORTILLAS

- Warm tortilla in the microwave for 20-30 seconds to soften and make folding easier.

5

### Optional Toppings

•Guacamole or Diced avocado  
•Salsa or Pico de Gallo  
•Shredded Lettuce  
•Diced Tomatoes  
•Sliced Olives  
•Sliced Jalapeno's  
•& More!

### FILL TORTILLA

- Spread beans over warmed tortilla, then layer with rice and veggie mixture.
- Add any optional toppings you desire.
- Fold burrito by tucking in the side ends first, then rolling the long way.
- Optional: toast the folded burrito in a lightly oiled skillet over medium heat, turning on all sides until golden and crispy.
- Slice in half and serve.