

Veggie & Bean Burrito

SERVINGS
4

PREP TIME
10 MIN

COOK TIME
10 MIN

TOTAL TIME
20 MIN

Indulge in a delectable burrito bursting with flavors! This plant based delight is filled with healthy veggies & hearty beans wrapped in a warm tortilla for a deliciously satisfying meal.



ORGANIZING
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Ingredients

Directions

1

- Package Cilantro Lime Rice (any brand) **OR** ANY Favorite Rice/Brown Rice

PREPARE RICE

- Prepare rice according to package instructions and set aside when done.
- ✧ Add extra cumin and garlic for a more intense flavor, if desired.

2

- Drizzle of Olive Oil
- 1 Medium Onion
- 1 Red Bell Pepper
- 1 Jalapeno
- Nature's Seasons (or Salt & Pepper)
- Taco Seasoning

PREPARE VEGGIES

- Drizzle olive oil into medium skillet over medium heat.
- Slice onion and bell pepper.
- Dice jalapeno and seed to reduce heat, if desired.
- Add all veggies to skillet.
- Add seasonings to taste and cook until slightly caramelized (about 5-7 minutes). Then set aside.

3

- 1 Can Refried Beans of Choice **OR** Whole Canned Beans of Choice (Black or Pinto)
- Taco Seasoning

PREPARE BEANS

- Open beans (if whole beans drain & rinse) and place in microwavable dish.
- Add taco seasoning to taste and mix together.
- Heat until warmed throughout.

4

- Burrito Sized Tortillas

WARM TORTILLAS

- Warm tortillas your preferred way.
- ✧ Microwave for 20-30 seconds is easiest, but gives more chewy texture. Warming in pan on stovetop takes a few minutes longer but gives a slightly better texture.

5

Optional Toppings

- Diced avocado
- Salsa
- Shredded Lettuce
- Diced Tomatoes
- Sliced Olives
- Sliced Jalapeno's
- & More!

FILL TORTILLA

- Spread beans over warmed tortilla, add rice, veggie mixture, and any optional toppings you desire.
- Fold burrito (side ends first then ends the long way) and slice in half. Enjoy!