Louisiana Harvest of the Month

Beef and Rice Burritos

Home Recipe

Serves: 12
Prep Time: 15 minutes
Cook Time: 40 minutes

Ingredients

- 1 Tbsp oil
- 1-pound lean ground beef
- 1 can (14.5 oz) salt free diced tomatoes, drained
- ¼ large red onion, diced
- 2 Tbsp cilantro, finely chopped
- 2 garlic cloves, minced
- 2 Tbsp pickled jalapenos, diced
- 1 Tbsp chili powder
- 2 Tbsp cumin
- ½ tsp salt
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 tsp smoked paprika
- ½ tsp black pepper
- 2 cups brown rice cooked
- 12 6-inch tortillas
- ¾ cup Monterrey cheese, shredded

Cooking Instructions

1) In a large heavy bottom pot heat the oil on medium. Add the ground beef and cook until browned, breaking up the beef as it cooks.
2) Add the tomatoes, red onion, cilantro, garlic cloves, jalapeno, and seasonings, stir to combine. Reduce heat to low and cook uncovered until liquid is reduced by half, about 20 minutes.
3) Remove from heat and stir in cooked rice, let stand for 5 minutes.
4) Place about 1/3 cup beef mixture into the center of each tortilla. Sprinkle with 2 tablespoons of cheese and warm for about 10-15 seconds in the microwave. Wrap up into burritos, folding the sides in and then rolling up. Serve warm with salsa, sour cream and guacamole.

Nutrition Facts

12 Servings Per Container
Serving Size 1 burrito (144g)

Amount Per Serving	
Calories	**250**
	% Daily Value *
Total Fat 9g	**11%**
Saturated Fat 4g	**19%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 410mg	**20%**
Total Carbohydrates 28g	**10%**
Dietary Fiber 3g	**10%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 14g	
Vitamin D 0.1mcg	0%
Calcium 120mg	8%
Iron 2.9mg	15%
Potassium 350mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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