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

Cooking Instructions

1) In a large heavy-bottomed pot, heat oil over medium heat. Add ground beef and cook until browned, breaking up the beef as it cooks, about 8–10 minutes.
2) Stir in diced tomatoes, red onion, garlic, cilantro, pickled jalapeños, cumin, chili powder, garlic powder, onion powder, smoked paprika, salt, and black pepper. Reduce heat to low and cook uncovered until the liquid is reduced by half, about 20 minutes.
3) Remove from heat and stir in cooked brown rice. Let stand for 5 minutes.
4) Place about $^1/_3$ cup of the beef mixture in the center of each tortilla. Sprinkle each with two tablespoons shredded Monterrey Jack cheese. Warm in the microwave for 10 to 15 seconds until cheese is melted.
5) Wrap up into burritos by folding the sides in and then rolling up. Serve warm with salsa, sour cream and guacamole as desired.

Nutrition Facts

12 Servings Per Container
Serving Size 1 Burrito (134g)

Amount Per Serving	
Calories	**230**
	% Daily Value *
Total Fat 8g	**11%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 410mg	**18%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 3g	**10%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 12g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3.6mg	20%
Potassium 310mg	6%

* 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.

Recipe adapted from *Dashing Dish*

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