

Black Bean & Rice Burritos with salsa & avocado

Swick

Serves 1 | Active Time: 30 minutes | Total Time:

Chef's Notes

Store any leftover tortillas and filling (or pre assembled burritos wrapped in wax paper) in separate airtight containers in the refrigerator for up to 3 days.

Step 1: Prepare Burrito Fixings

- 3/4 cup brown rice rinsed & drained (≈3 cups cooked)
 - 3/4 yellow onion diced (≈3/4 cup)
 - 1 1/4 teaspoons jalapeños (optional) seeded & minced
 - 3/4 clove garlic minced (≈3/4 teaspoon)
 - 1 1/2 red bell peppers diced (≈1 1/2 cups)
 - 3/4 zucchini diced (≈3/4 cup)
 - 1 1/2 tablespoons fresh lemon or lime juice (divided)
 - 1 1/2 teaspoons ground cumin
 - 2 1/4 teaspoons dried oregano
 - 1 1/2 (15-oz) cans black beans drained & rinsed (≈2 1/4 cups)
 - 1 1/4 teaspoons white wine vinegar
 - sea salt
 - freshly ground black pepper
 - 6 whole-grain tortillas
 - 1 1/2 avocados (optional) sliced
 - 3/4 cup salsa
 - hot sauce (optional)
- PREPARE GRAINS**
Bring rice and 1 1/2 cups water to a boil in a saucepan. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool; fluff rice with a fork.
- PREPARE PRODUCE**
Finely chop onion. Seed and chop jalapeño. Mince garlic. Dice bell pepper and zucchini. Juice lemon.
- MAKE FILLING**
Combine onions, jalapeños, garlic, bell peppers, cumin, oregano, and 3/4 cup water in a saucepan. Bring to a boil; reduce heat to medium and cook, covered, for 10 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking to pan. Add black beans, cooked rice, zucchini, lemon juice, and vinegar; season with salt and pepper to taste.
- Cook, covered, for 10 minutes more; remove lid and continue cooking until all the liquid has been absorbed.
- Remove from heat; cover to keep warm.
- HEAT TORTILLAS**
Heat tortillas in a skillet over medium heat until pliable, about 20 seconds on each side. Cover with a damp cloth to keep soft until serving.
- ASSEMBLE & SERVE**
Slice avocado (if using), then drizzle with lemon juice.
- Place about 3/4 cup of filling in center of each tortilla. Top with salsa and 3 or 4 slices of avocado (if using).
- Fold sides of tortilla over filling, then roll up to enclose.
- Serve warm with hot sauce, if desired.