

Burrito Bundle

Makes 6 burritos; 12 servings

Ingredients:

6 flour tortillas (6 to 8-inch size)
2 cups cooked rice, warm
1 can (15-ounce) chili beans
1 pound lean ground beef, cooked and drained
1 can diced green chiles, mild, drained
1 cup shredded lettuce
1 cup diced tomatoes
1/2 cup sliced black olives, drained
1 cup shredded cheddar cheese
Salsa and sour cream, optional

Directions:

1. Place each tortilla on a plate and layer remaining ingredients on tortilla.
2. Roll or fold tortilla. Cut in half to serve.

Suggestions: Prepare rice and ground beef ahead and keep warm in slow cooker.

Nutrition Facts: ½ burrito provides 330calories, 12g total fat, 4.5g saturated fat, 0g trans fat, 30mg cholesterol, 680 mg sodium, 40g total carbohydrate, 4g dietary fiber



Burrito Bundle

Makes 6 burritos; 12 servings

Ingredients:

6 flour tortillas (6 to 8-inch size)
2 cups cooked rice, warm
1 can (15-ounce) chili beans
1 pound lean ground beef, cooked and drained
1 can diced green chiles, mild, drained
1 cup shredded lettuce
1 cup diced tomatoes
1/2 cup sliced black olives, drained
1 cup shredded cheddar cheese
Salsa and sour cream, optional

Directions:

1. Place each tortilla on a plate and layer remaining ingredients on tortilla.
2. Roll or fold tortilla. Cut in half to serve.

Suggestions: Prepare rice and ground beef ahead and keep warm in slow cooker.

Nutrition Facts: ½ burrito provides 330calories, 12g total fat, 4.5g saturated fat, 0g trans fat, 30mg cholesterol, 680 mg sodium, 40g total carbohydrate, 4g dietary fiber



Burrito Bundle

Makes 6 burritos; 12 servings

Ingredients:

6 flour tortillas (6 to 8-inch size)
2 cups cooked rice, warm
1 can (15-ounce) chili beans
1 pound lean ground beef, cooked and drained
1 can diced green chiles, mild, drained
1 cup shredded lettuce
1 cup diced tomatoes
1/2 cup sliced black olives, drained
1 cup shredded cheddar cheese
Salsa and sour cream, optional

Directions:

1. Place each tortilla on a plate and layer remaining ingredients on tortilla.
2. Roll or fold tortilla. Cut in half to serve.

Suggestions: Prepare rice and ground beef ahead and keep warm in slow cooker.

Nutrition Facts: ½ burrito provides 330calories, 12g total fat, 4.5g saturated fat, 0g trans fat, 30mg cholesterol, 680 mg sodium, 40g total carbohydrate, 4g dietary fiber



Burrito Bundle

Makes 6 burritos; 12 servings

Ingredients:

6 flour tortillas (6 to 8-inch size)
2 cups cooked rice, warm
1 can (15-ounce) chili beans
1 pound lean ground beef, cooked and drained
1 can diced green chiles, mild, drained
1 cup shredded lettuce
1 cup diced tomatoes
1/2 cup sliced black olives, drained
1 cup shredded cheddar cheese
Salsa and sour cream, optional

Directions:

1. Place each tortilla on a plate and layer remaining ingredients on tortilla.
2. Roll or fold tortilla. Cut in half to serve.

Suggestions: Prepare rice and ground beef ahead and keep warm in slow cooker.

Nutrition Facts: ½ burrito provides 330calories, 12g total fat, 4.5g saturated fat, 0g trans fat, 30mg cholesterol, 680 mg sodium, 40g total carbohydrate, 4g dietary fiber

