Loaded Chicken and Rice Burrito
RECIPE

Loaded Chicken and Rice Burrito

TIME	20 min
INGREDIENTS	12 items
MAKES	4 servings

These loaded burritos are a perfect handheld meal that can be easily prepared and enjoyed for lunch or dinner. For a vegetarian option, swap out the chicken with a plant-based alternative or extra kidney beans!

INGREDIENTS

- 2 tbsp vegetable oil
- 1 small onion, diced
- 1/2 green bell pepper, seeded and diced
- 1/2 red bell pepper, seeded and diced
- 3 cloves garlic, minced
- 1 tbsp low-sodium taco seasoning
- 2 cups chopped cooked chicken
- 1 cup canned no added salt red kidney beans, drained and rinsed
- 1/2 cup corn kernels, drained
- 1/2 pouch (4.4 oz) Ben's Original™ Ready Rice™ Spanish Style with Tomatoes and Peppers Rice
- 4 medium (7 to 8 inches) flour tortillas
- 1/2 cup reduced fat shredded Cheddar cheese

INSTRUCTIONS

1. Heat oil in large skillet set over medium heat. Add onion, green pepper, red pepper and garlic. Cook, stirring occasionally, for 3 to 5 minutes or until softened. Add taco seasoning and cook for 2 to 3 minutes or until vegetables are tender and mixture is fragrant. Stir in chicken, kidney beans, corn and rice. Cook, stirring occasionally, for 3 to 5 minutes or until heated through and combined.
2. Divide chicken mixture evenly among tortillas. Sprinkle evenly with cheese. Fold in sides and roll up to enclose filling.
3. Toast burritos in clean skillet set over medium heat, turning once, for 2 to 4 minutes or until golden and crispy.

4. Tip: Serve with sour cream and guacamole if desired.

NUTRITION

- CALORIES: 460
- TOTAL FAT: 16g
- SATURATED FAT: 3.5g
- TRANS FAT: 0g
- SODIUM: 590mg
- TOTAL CARBOHYDRATES: 45g
- DIETARY FIBER: 4g
- TOTAL SUGARS: 4g
- PROTEIN: 32g

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Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items



Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

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