

Loaded Chicken and Rice Burrito RECIPE

# **Loaded Chicken and Rice Burrito**



<?xml version="1.0"?>

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!

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### **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

#### PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Spanish Style Rice

#### **SEE DETAILS**

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### INSTRUCTIONS

1. 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. 2

Divide chicken mixture evenly among tortillas. Sprinkle evenly with cheese. Fold in sides and roll up to enclose filling.

3. 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: 460TOTAL FAT: 16g

• SATURATED FAT: 3.5g

TRANS FAT: 0gSODIUM: 590mg

• TOTAL CARBOHYDRATES: 45g

DIETARY FIBER: 4gTOTAL SUGARS: 4g

• PROTEIN: 32g

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### **Caribbean Style Wrap with Ben's Original™ 10 Medley**

Cooking time

20

Ingredients

10 items

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## **Brown Rice with Spinach and Parmesan Cheese**

Cooking time

35 Minutes

Ingredients

10 items

SEE DETAILS **▼** 

# **Classic Shrimp Fried Rice**

Cooking time

15 minutes

Ingredients

9 items

**SEE DETAILS** 



### **Brown Rice & Apple Salad**

Cooking time

20 minutes

Ingredients

9 items

**SEE DETAILS** 

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