

Loaded Chicken and Rice Burrito
RECIPE

Loaded Chicken and Rice Burrito



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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

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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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Cooking time

35 Minutes

Ingredients

10 items

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Cooking time

15 minutes

Ingredients

9 items

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[Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items

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[Cheesy Chicken Broccoli Rice Bake](#)

Cooking time

45 Minutes

Ingredients

9 items

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