

Beef Burrito Pepper Jack Cheese & Black Beans



Total time: 9 minutes

Servings: 6

- 1/2 pound ground beef sirloin
- 2 teaspoons minced garlic
- 1 cup chunky salsa, divided
- 2 cups cooked brown or white rice
- 6 whole-wheat tortillas (9 inches each)
- 1 can (15 ounces) black beans,
drained and rinsed
- 1 can (11 ounces) corn kernels, drained
- 2 cups shredded pepper jack cheese
- Sliced green onion, including green tops

In medium, nonstick skillet, brown ground beef and garlic over medium heat (break beef mixture up into smaller chunks with spatula). Drain fat and stir in 1/2 cup salsa; set aside.

Spread 1/3 cup rice on center of tortilla, leaving 1/2-inch border. Scatter about 2 tablespoons beans and 1 1/2 tablespoons corn over rice.

Spread 1/3 cup beef mixture and 1/4 cup cheese over corn. Top with 2 teaspoons salsa and a few slices green onion. Fold in two opposite edges of tortilla 1 inch each and roll up. Place seam-side down on microwave-safe dish. Repeat with remaining tortillas. Place burritos in microwave oven and heat 1 minute, or until heated through. Serve with remaining salsa.

Source: Midwest Dairy Association

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