

Slow Cooker 3 Bean Burritos

Yield: 18 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-red-beans-crock-pot-recipe>

Ingredients:

- 1 onion cut in half and peeled
- 1 cup pinto beans rinsed
- 1 cup black beans rinsed
- 1 cup red beans rinsed
- 2 tablespoons minced garlic
- 3 teaspoons salt
- 1 3/4 teaspoons fresh ground black pepper
- 1/8 teaspoon ground cumin
- 5 cups water
- 4 cups chicken broth
- 18 tortillas Burrito size
- 3 cups shredded cheese
- 1 cup taco sauce enchilada sauce works too
- refried beans 1 batch of Slow Cooker

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 5 grams
8. Sodium: 1140 milligrams
9. Sugar: 3 grams

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