

# Black Bean and Rice Freezer Burritos

Yield: 20 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-rice-tortillas-recipe>

## Ingredients:

- 3 cups rice uncooked
- 3 cans black beans rinsed and drained
- 2 packages taco seasoning
- 8 ounces pepper jack cheese shredded
- 8 ounces Monterey Jack cheese shredded
- 20 tortillas burrito-sized

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 1040 milligrams
9. Sugar: 2 grams

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