

# CHEESY RICE AND BEAN ENCHILADA

The following recipe serves one. Double, triple or quadruple as needed.

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## INGREDIENTS:

- 1 cup cooked rice
- 1/2 cup salsa of choice
- 1/2 cup canned seasoned beans
- 8-in. flour tortilla
- 1/3 cup cheddar or Mexican cheese
- sautéed bell peppers or mixed vegetables of choice

### *For added protein:*

- 1/2 cup cubed cooked chicken or steak to the filling
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## DIRECTIONS:

In a bowl, combine 1 cup cooked rice, 1/2 cup salsa of choice and 1/2 cup canned seasoned beans. Spoon the mixture onto a burrito-size (8-inch) flour tortilla. Fold over one side to cover the filling, fold in the sides, and then continue rolling up.

Transfer the enchilada to a shallow dish and, if desired, top with 1/3 cup shredded cheddar cheese or Mexican cheese blend. Microwave on HIGH for 45-60 seconds, until heated through.

For added protein, add 1/2 cup cubed cooked chicken or steak to the filling. If desired, serve with sautéed bell peppers (or any mixed vegetables of choice). For a gluten-free option, serve the enchilada filling in 2 soft corn tortillas instead of 1 flour tortilla.

