



## BEAN & RICE BURRITOS

### INGREDIENTS

- 2 cups cooked **rice**
- 1 small **onion**, chopped
- 2 cups cooked or canned **kidney, pinto, or black beans\***
- 8 (10-inch) **tortillas**
- 1½ cup **salsa**
- ½ cup **shredded cheese**

*\*Drain and rinse if using canned goods*

### DIRECTIONS

1. Preheat the oven to 300°F.
2. Mix rice, onion, and beans in a bowl.
3. Place each tortilla on a flat surface.
4. Put ½ cup of the rice and bean mix in the middle of each tortilla. Tuck in the sides and roll the tortilla.
5. Place the burritos seam-side-down in a baking pan and bake in the oven for 15 minutes.
6. Pour the salsa over the baked burritos and sprinkle with cheese.

## HOW TO COOK DRIED BEANS IN THE MICROWAVE

### DIRECTIONS

1. Sort through the dried beans for any dirt, debris, or bad beans, and discard. Portion beans by serving size: ½ cup dry beans = 1 serving; 2 cups dried beans = 4 servings, etc.
2. Rinse beans in a strainer under cold water.
3. Put beans into a container and add 2 cups of cold water for every serving of beans: 2 cups of water for 1 serving; 8 cups of water for 4 servings, etc. Cover and let soak overnight, for least 12 hours.
4. Strain off the water and put the beans into a large microwave-safe dish. Add 2 cups of cold water for every serving of beans. Stir in seasonings of choice.
5. Microwave on high for 20 minutes. Stir beans, and microwave for an additional 10 minutes, or until tender.

*Tip: Cooked beans will keep in the refrigerator for one week and in the freezer for up to 3 months.*

## HOW TO COOK DRIED BEANS ON THE STOVE

### DIRECTIONS

**Clean** - Sort through the dried beans for any dirt, debris, or bad beans, and discard. Portion beans by serving size: ½ cup dry beans = 1 serving; 2 cups dried beans = 4 servings, etc. Rinse beans in a strainer under cold water.

**Soak** - To soak overnight, put beans into a container and add 2 cups of cold water for every serving of beans: 2 cups of water for 1 serving; 8 cups of water for 4 servings, etc. Cover and let soak overnight, for at least 12 hours. To soak quickly, fill a pot with water. Add beans and bring to a boil and cook for 5 minutes. Remove from heat, cover, and let sit for one hour. Drain and rinse.

**Cook** - Add enough water to cover dried beans by two inches. Simmer 2 hours, until cooked. You may need to add water to keep beans from drying out. Beans are done when they are easy to break open with a fork.

**Store** - Use right away or store in the refrigerator or freezer. Cooked beans will keep in the refrigerator for one week and in the freezer for up to 3 months. When you are ready to use frozen beans, defrost and prepare like canned beans.

## BEAN COOKING TIMES

FOR EVERY 1 CUP DRIED	USE THIS MUCH WATER	COOK FOR THIS AMOUNT OF TIME
Black beans	3 cups	About 2 hours
Black-eyed peas (cowpeas)	2½ cups	½ hour
Great Northern beans	2½ cups	1 to 1½ hours
Kidney beans	3 cups	About 2 hours
Lima beans	2½ cups	45 minutes to 1 hour
Navy or pea beans	3 cups	1½ to 2 hours
Pink or pinto beans	3 cups	2 hours

*Hope starts here.*