

# Eat Smart • Move More

## Bean Burritos

Prep Time: 10 minutes

Total Time: 25 minutes



### Ingredients

- 32 ounces canned fat-free refried beans
- 1 cup reduced fat cheddar cheese, shredded
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 8 whole-wheat tortillas

*NOTE: This recipe is considered high in sodium. Substitute the canned refried beans with low sodium canned beans or by making your own to reduce the sodium.*

### Directions

- Heat oven to 375°F. Line a baking sheet with cooking parchment paper or foil and set aside.
- In a mixing bowl, combine beans, cheese, chili powder, and cumin.
- Scoop about ¼ cup bean mixture onto each tortilla just below center. Fold bottom edge of each tortilla up and over filling. Fold sides in, overlapping to enclose filling. Roll up from bottom of tortilla. Place seam-side down on the baking sheet.
- Bake 12 to 15 minutes or until heated through.

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 serving (168.81g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 690mg	<b>30%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars <1g	
Includes g Added Sugars	
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 2.2mg	10%
Potassium 420mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Serve with lettuce, tomatoes, avocado, roasted corn, sour cream, or salsa - check out our Fresh Salsa recipe.
- ▶ Have leftovers? Freeze the burritos for a quick and easy reheated snack or meal. Do not freeze with toppings included.

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(Recipe adapted from: <https://www.oldelpaso.com>.)

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