



Family Meals - Easy assembly & Budget Friendly **Coconut Rice & Black Bean Burritos**

Ingredients

1.5 c jasmine rice/ or any other rice
1 13.5 oz can of coconut milk
½ tsp salt
16 oz bag black beans or 4 cans of black beans
1 jar salsa
2 cups shredded cheese
~15 burrito shells of your choice

Rice Instructions Stovetop

Add coconut milk and salt to a boiling pot
Refill the can with water, add to the pot, and bring to a boil
Add rice
Turn to low heat and simmer for 15-18 minutes stirring occasionally

Slow Cooker Bean instructions/ if not using canned

16 oz black beans, rinsed and dispose of any rocks
½ diced onion
6 cups water
½ TBSP salt or to your taste
Optional
1 TBSP cumin
½ TBSP chili powder
½ TBSP paprika
Cook on high for ~4 hours (cookers will vary on time)

Assembly

Place burrito shell on plate or foil if freezing or eating later
Spoon 3 heaping TBSP of rice
Spoon 4-5 TBSP strained black beans
Add a little salsa ~ 2 TBSP
Sprinkle with cheese
Roll the burrito
Repeat

The Burritos can be wrapped in foil and placed in a freezer bag/ or reuse the burrito shell bag and freeze.
To reheat:

- A) Set out of the freezer the night before, then heat for 1-2 minutes on each side in the microwave.
- B) Keep them in the fridge for a few days to enjoy!