



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Bountiful Backpack

## Bean and Rice Burrito



**Serves: 8**

**Serving Size: 1 burrito**

### Ingredients:

- 2 cups brown rice
- 1 Tablespoon dried onion flakes
- 1 can (15 ounces) kidney beans, drained and rinsed\*
- 8 whole-wheat or flour tortillas (8-inches)
- ½ cup salsa
- ½ cup low-fat shredded cheddar cheese

\* You may use dried beans instead of canned by following the directions on the back side of this recipe card.

### Directions:

1. Wash hands.
2. If using dried beans prepare the beans using the “Overnight Soak Method” attached. Otherwise, prepare using canned beans.
3. Cook rice as directed.
4. Mix rice, onion and beans in a bowl.
5. Place ½ cup of bean and rice mixture into the middle of each tortilla. Fold the sides to form burrito.
6. Place burrito in a skillet and heat over medium heat.
7. Add Tablespoon of salsa and tablespoon of cheese to each burrito.
8. Serve while hot.

### Nutrition Facts

8 servings per recipe

**Serving size 1 burrito (161g)**

Amount Per Serving

**Calories 280**

% Daily Value\*

**Total Fat 4.5g 6%**

**Saturated Fat 1g 5%**

**Trans Fat 0g**

**Cholesterol 0mg 0%**

**Sodium 390mg 17%**

**Total Carbohydrate 48g 17%**

**Dietary Fiber 6g 21%**

**Total Sugars 3g**

**Includes 0g Added Sugars 0%**

**Protein 11g 22%**

**Vitamin D 0mcg 0%**

**Calcium 130mg 10%**

**Iron 1.8mg 10%**

**Potassium 0mg 0%**

**Vitamin C 2%**

\* 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.

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# Overnight Soak Method

**Note:** Make sure you use a large pot, since beans expand to double or triple their size when soaked and cooked.

**1 cup dry beans makes about 3 cups cooked beans.**

1. Place beans in a large pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Put beans in a pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn down to low, and cook slowly until tender – about 2 hours.
4. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

**Note:** For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Adapted from University of Connecticut Cooperative Extension and U.S. Dry Bean Council, [eatusabeans.com](http://eatusabeans.com).