

## Mini Vegetarian Burritos



Servings:

**16 ea**

Prep Time:

**25 minutes**

Cook Time:

**20 minutes**

### Ingredients

- 1 tbsp **Olive Oil**
- 1 cup **Onion**, diced
- ½ **Red Bell Pepper**, diced
- ½ **Orange Bell Pepper**, diced
- 3 tsp **Garlic**, minced
- 15 oz **Pinto Beans**, rinsed & drained
- 2 cups **Cooked Brown Rice**
- 4 oz **Diced Green Chiles**
- 1 cup **Shredded Cheddar Cheese**
- 8 ea **Whole Wheat Tortillas**
- 2 ea **Avocados**
- ¼ cup **Onion**, diced
- 1 ea **Roma Tomato**, remove seeds & diced
- - **Juice of 1 Lime**

### Method of Preparation

#### Step 1

Heat olive oil in a large skillet on medium heat. Add onions and bell peppers. Cook until softened. Add garlic and cook, stirring for 1 more minute. Remove from heat.

#### Step 2

In a large bowl, combine onion mixture, pinto beans, brown rice, green chiles and cheese.

#### Step 3

Lay a tortilla out on a clean work surface. Add 2-3 spoonfuls of filling on tortilla. Roll and lay seam side down on a baking sheet. Continue with the remaining tortillas and filling.

#### Step 4

Bake burritos at 350°F for 12-14 minutes, until lightly browned.

#### Step 5

Meanwhile, mash avocados in a medium sized bowl. Add onion, tomatoes, lime juice, salt, and red pepper flakes. Stir to combine.

Serve burritos warm with a side of guacamole & salsa for dipping!

- - Coarse Salt to Taste
- ¼ tsp Crushed Red Pepper  
Flakes

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