

## Burrito Bundle

Makes 6 burritos; 12 servings

### Ingredients:

6 flour tortillas (6 to 8-inch size)  
2 cups cooked rice, warm  
1 can (15-ounce) chili beans  
1 pound lean ground beef, cooked and drained well  
1 can diced green chiles, mild, drained  
1 cup shredded lettuce  
1 cup diced tomatoes  
1/2 cup sliced black olives, drained  
1 cup shredded cheddar cheese  
Salsa and sour cream, optional



### Directions:

1. Place each tortilla on a plate and layer remaining ingredients on tortilla.
2. Roll or fold tortilla. Cut in half to serve.

**Suggestions:** Prepare rice and ground beef ahead and keep warm in slow cooker.

**Nutrition Facts:** ½ burrito provides 330calories, 12g total fat, 4.5g saturated fat, 0g trans fat, 30mg cholesterol, 680 mg sodium, 40g total carbohydrate, 4g dietary fiber

**K-STATE** This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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