Red Rice Burritos with Avocado Cream

Grocery List

* ¼ C E.V. Olive Oil
* 1 C long grain White Rice
* 6 large flour Tortillas
* 1 C Black Beans (fresh or canned)
* 1 Green Onion (light and dark green)sliced
* 1 398 ml can Refried Beans
* ½ 127ml can Green Chiles
* 1 C Cubed Marble Cheese

**RED SAUCE**

* 1 C canned Diced Tomatoes
* 1 C Grape Tomatoes
* 1 Green Pepper, seeded and roughly chopped
* 1 Jalapeno, seeded
* 3 cloves Garlic, crushed
* ½ c + low sodium Veg Stock
* Tsp. Sea Salt
* Tbsp. chopped Fresh Cilantro

**AVOCADO CREAM**

* 1 C low fat Sour Cream
* 2 Avocados, pitted and diced
* Zest of 1 Lime
* 2 pinches Sea Salt
* pinch Black Pepper

Prep Time: 30 Min

Cook Time: 45 – 50 Min



1. Bring a large frying pan to temperature on medium. Add in the Olive Oil and rice. Fry the rice stirring often for about 6 or 7 minutes.
2. While the rice fries, retrieve the Food Processor. Add in everything for the RED SAUCE aside from the tomatoes. Pulse a few times to combine before adding the canned / grape tomatoes. Pulse until blended thoroughly,
3. After the rice is finished, pour the Red Sauce in and stir everything together. Bring to a low boil and reduce heat to medium low. Pour in another ¼ C or so of Veg Stock and cover for approximately 18 – 21 Min. Cover and set aside.
4. In a small saucepan, heat a few tablespoons of olive oil on medium heat. Add in the green onion and a pinch of salt. Fry a couple minutes and add in the canned chiles, continue frying another 2 or 3 minutes.

Add in the black beans and stir together. Cover on medium for 5 minutes before adding in the refried beans. Bring to a boil and reduce heat to low with the lid on.

* Preheat oven to 375 F.
* Using a tablespoon, give three scoops of the bean mixture to the middle of the tortilla. Place a few cubes of the cheese over the beans and spoon two scoops of the rice mixture on top. Fold both the left and right sides of the tortilla into the middle. Fold the bottom over and roll once leaving the folds on the bottom. Place on an ungreased baking sheet and bake for 12 – 15 minutes.
* While the burritos are in the oven, get out a large mixing bowl. Add in the sour cream, diced avocado, lime zest, and salt/pepper. Using an Immersion Blender, blend until smooth and creamy.
* For service, drizzle the Avocado Cream over the top of the burrito and top with fresh Pico De Gallo and a cilantro leaf. Serve with the remainder of the Red Rice.