



## **Make-ahead Mexican Rollups**

Serves: 12 | Serving Size: 1 rollup

Ingredients Needed:

- 1 can (15 ounce) beans (black, pinto, chili, etc)
- 2 cups frozen corn
- 3 cups brown rice, cooked according to package directions
- 2 cups cheese (cheddar, Monterey jack, or hot pepper) shredded
- 1 cup salsa
- 12 (8-inch) whole wheat tortillas

Directions:

1. Place beans in a colander and rinse to reduce sodium. Transfer to a large bowl.
2. Thaw frozen corn in the microwave. Drain and add to bowl.
3. Stir in rice, cheese, and salsa.
4. Spoon 1/2 cup filling on each tortilla and roll up.
5. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet.
6. Seal wrapped burritos in a freezer bag when they are frozen.

7. To reheat frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.

Tips:

You can serve this filling mixture on lettuce, kale, or spinach for a salad; or use as a dip.