



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Bean Economic Burrito ♦♦

The Bean Economic Burrito is a vegan burrito filled with delicious and affordable ingredients. It is a budget-friendly option for those looking for a healthy and filling meal. The burrito is made with a mixture of beans, rice, vegetables, and spices, wrapped in a tortilla. It can be enjoyed for lunch or dinner and is a great option for meal prepping.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	canned black beans
200 g	cooked rice
100 g	onion
100 g	bell pepper

2 cloves	garlic
1 tsp	cumin
1 tsp	chili powder
0.5 tsp	salt
4 pieces	tortillas

Directions

Step 1

Stove

Heat a pan over medium heat and add a tablespoon of oil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add the chopped onion, bell pepper, and minced garlic to the pan. Sauté until the vegetables are soft.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add the black beans, cooked rice, cumin, chili powder, and salt to the pan. Stir well to combine and cook for another 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Warm the tortillas in a separate pan or in the oven.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Divide the bean and rice mixture evenly among the tortillas. Roll them up tightly, tucking in the sides as you go.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serve the Bean Economic Burritos warm and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 1 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	10 g	26.32%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Cuisines

Mexican Italian Middle Eastern

Course

Snacks Appetizers Main Dishes Side Dishes Salads

Nutritional Content

High Fiber Low Calorie Low Fat Low Carb Low Sodium High Vitamin C
High Iron High Calcium

Kitchen Tools

Slow Cooker Blender Oven

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com