

# Hurry Up Fill Me Up Burritos



## Ingredients:

250 mL	cooked rice	1 cup
1 (398 mL)	can kidney beans, rinsed and drained	1 (14 oz)
250 mL	corn kernels, canned or frozen	1 cup
175 mL	prepared salsa	3/4 cup
10 (25 cm)	large flour tortillas, warmed	10 (10-inch)
300 mL	shredded Cheddar cheese	1¼ cups

## Directions:

In a nonstick pan over medium heat, stir together rice, beans, corn and salsa. Cook for 3 to 4 minutes or until warmed through.

Divide mixture evenly between tortillas. Sprinkle with cheese. Roll up tortillas.

## Suggestions

**Food Fast:** Use pre-packaged shredded cheese and leftover rice. These burritos can also be prepared in the microwave. In a bowl stir together rice, beans, corn and salsa. Divide mixture between tortillas; sprinkle with cheese. Roll up. Microwave for 30 to 40 seconds or until heated through.

**Nutrition Facts:** Meals that include beans are high in fibre and make a great protein alternative to meat.

**Variation:** Substitute black beans or white kidney beans for the red kidney beans.

## Yield:

10 servings

## Nutrition information:

Per Serving

Calories	318 kcal		
Fat	9.0 g		
Carbohydrates	47.5 g		
Dietary Fibre	4.9 g	Protein	12.0 g
Sodium	502 mg		

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HEALTH  
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