

# Chicken & Bean Burrito

## Ingredients:

- 16 ounce can refried beans , pinto or black
- 2 cups chopped rotisserie chicken
- 1 bell pepper of choice finely chopped
- ½ cup salsa
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1 cup shredded Mexican blend cheese
- 8 8 inch tortillas (*My fave are the uncooked Tortilla Fresca brand from Costco*)

## Directions

1. Add the refried beans, salsa, chili powder, garlic powder, cumin, bell pepper and ½ cup of cheese to a mixing bowl and stir until combined
2. Spoon about three tablespoons of the bean mixture onto the center of a tortilla and smooth into a thin layer, followed by chopped rotisserie chicken
3. Sprinkle with a small handful of cheese. Roll tightly. Repeat with remaining tortillas.
4. You can heat these in the microwave if you prefer a soft burrito- about 30 seconds. Or you can heat in a skillet or air fryer if you prefer a crispier outside. Spray each burrito with olive oil spray, and heat on the skillet until each side is crispy. If using the air fryer, heat on 400 for about 4 minutes.,
5. These also freeze great! After building the burritos, I wrap in saran wrap and freeze. Heat as desired when ready! For the kids lunches, I heat in the am, and they don't mind them room temp!
6. I drizzled taco sauce on top! You can add guacamole and sour cream too!

MADE WITH LOVE

by Teresa Forchard