Black Bean Burritos
Crock Pot Cooking – March 2015

Ingredients:
- 2 – 14.5 oz cans diced tomatoes
- ¼ cup salsa
- 2 tablespoons taco seasoning
- 2 – 14.5 oz cans black beans, drained and rinsed
- 1 cup uncooked brown rice
- ½ cup canned whole kernel corn, drained and rinsed
- 2 cups vegetable broth
- 10 whole wheat tortillas

Directions:
1. In your slow cooker add the tomatoes, salsa, beans, rice, corn, taco seasoning and broth. Stir and cover.
2. Cook on low 6-8 hours or on high 3-4 hours. The rice will be tender and most of the liquid will be absorbed.
3. Lay out your tortillas and place about 1/3 to ½ (very large burrito) cup on each tortilla. Spread down through the center.
4. Fold each end just about 1-1/2" over the point edge of the beans. Roll up the tortilla along the long edge. (or use preferred rolling technique)