# Black Bean & Cheese Burritos

| SERVINGS | SERVING SIZE | EST. PROTEIN / SERVING | ACTIVE PREP |
|---|---|---|---|
| 8 | 1 Burrito | 17-19 g | About 30 min |

## Ingredients

- **8 large flour tortillas** (about 10 inches)
- **8 oz finely shredded Mexican-blend cheese** (about 2 cups)
- **3 cans black beans**, 15 oz each, drained and rinsed
- 1/4 cup water; salt to taste
- **Optional:** 1 tsp ground cumin and 1/2 tsp garlic powder

## Directions

1. Put the drained beans, water and any optional seasonings in a skillet. Simmer over medium heat for **5-8 minutes**, stirring, until excess water cooks away.
2. Mash about **half the beans** with a fork or potato masher. Taste and add salt if needed.
3. Cool the filling promptly in a shallow dish in the refrigerator.
4. Warm the tortillas briefly under a damp paper towel in the microwave until flexible.
5. Divide the filling evenly among 8 tortillas. Add **1/4 cup (28 g) cheese to each**. Fold in the sides, fold the bottom over the filling, then roll tightly.
6. Wrap each burrito in parchment or foil. Seal in a freezer bag, press out extra air, label with the type and date, and freeze flat. **Best quality within 3 months.**

## Reheat

Storage: keep total counter time under **2 hours**.

**Oven:**

**Thawed:** For one burrito, thaw overnight in the refrigerator. Preheat **350°F**. Remove storage wrapping; rewrap in foil. First check **15 min**; continue every **3-5 min** to **165°F**.

**Frozen:** For one burrito, preheat **350°F**. Remove storage wrapping; rewrap in foil. First check **35 min**; continue every **3-5 min** to **165°F**.

**Air fryer:**

**Thawed:** Preheat **350°F**; select **Reheat**. Wrap one thawed burrito snugly in foil. Heat **10-15 min**, turning halfway; continue every **3 min** to **165°F**. Unwrap; select **Air Fry, 375°F** for **1-3 min** to crisp.

**Frozen:** Preheat **350°F**; select **Reheat**. Wrap one frozen burrito snugly in foil. Heat **20-25 min**, turning halfway; continue every **3 min** to **165°F**. Unwrap; select **Air Fry, 375°F** for **1-3 min** to crisp.

**Microwave:**

**Thawed:** For one refrigerator-thawed burrito, unwrap and cover with a damp paper towel. Heat **1 min**, flip and check; continue in **30-sec** bursts to **165°F**. Stand **1 min**.

**Frozen:** For one burrito, unwrap and cover with a damp paper towel. Heat **2 min**, flip, then **2 min more**. Continue in **30-sec** bursts to **165°F**; stand **1 min**.