



Smothered Three-Bean & Rice Burritos

with Enchilada Sauce, Lettuce, Tomato & Sour Cream

New

30-40 Minutes · Calories: 930 · Protein: 27 g

Ingredients



Tomato



Sour Cream



Mexican
Cheese Blend



Baby Lettuce



Mild Red
Enchilada
Sauce



Flour Tortillas



Three-Bean
Blend



White Rice



Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



Hello

Three-Bean Blend

A hearty trio featuring black, kidney, and pinto beans

Before you start

That's a Wrap

To roll the perfect burrito, warm your tortillas to make them more pliable and resist the urge to overstuff!

Cooking tools

small pots, large pan, can opener, paper towels, slotted spoon

Pantry ingredients

kosher salt, black pepper, cooking oil

Nutrition

Nutrients	per serving
Calories:	930
Total Fat:	22g
Saturated Fat:	9g
Sodium:	1540mg
Total Carbohydrate:	141g
Dietary Fiber:	14g
Added Sugars:	1g
Protein:	27g

Allergens

sour cream (contains: milk), mexican cheese blend (contains: milk), flour tortillas (contains: soy, wheat)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.



1 Cook Rice

- In a small pot, combine **rice**, **1 cup water**, **¼ cup enchilada sauce**, and a **pinch of salt (2 cups water, ½ cup enchilada sauce, and a big pinch of salt for 4 servings)**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-20 minutes.
- Keep covered off heat until ready to use in Step 4.



2 Prep

- While rice cooks, **wash and dry produce**. Trim and discard root end from **lettuce**; halve lengthwise and thinly slice crosswise. Dice **tomato** into ¼-inch pieces.



3 Warm Beans & Tortillas

- Heat a second small pot over medium heat. Add **beans and their liquid**, **½ cup enchilada sauce (1 cup for 4 servings)**, **salt**, and **pepper**. Simmer until sauce has reduced slightly and beans are warmed through, 4-6 minutes.
- Turn off heat; taste and season with **salt** and **pepper**.
- While beans simmer, wrap **tortillas** in damp paper towels; microwave until warm and pliable, about 30 seconds.



4 Assemble Burritos

- Lay **tortillas** on a clean work surface. Place about **⅓ cup rice** in a line on the bottom third of each tortilla. Using a slotted spoon, top rice with about **½ cup bean mixture**; sprinkle with **half the Mexican cheese blend**. Top with a **pinch of lettuce** and a **pinch of tomato**. (**Save any remaining rice, beans, lettuce, and tomato for serving.**)
- Fold up bottom side of each tortilla over filling, then fold over left and right sides toward filling. Roll up tortillas, starting with filled sides, to form **burritos**.



5 Warm Burritos

- Heat a **drizzle of oil** in a large pan over medium heat. Add **burritos**, seam sides down. Cook, turning occasionally, until golden brown and crispy all over, 3-5 minutes.



6 Finish & Serve

- Divide **burritos** between shallow microwave-safe serving bowls. Pour **remaining enchilada sauce** over burritos; sprinkle with **remaining Mexican cheese blend**. Microwave each dish until sauce is warmed through and cheese melts, 30-60 seconds per dish.
- Dollop burritos with **sour cream**. Serve with any **remaining rice, beans, lettuce, and tomato** on the side.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

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