

Weeknight Chipotle Chicken Burritos: Quick and Flavorful Dinner Idea

The combination of chicken, beans, and rice makes this dish a complete and filling meal.



TIME
20 min

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INGREDIENTS

4 large flour tortillas
1 cup cooked rice
1 can of black beans, drained and rinsed
1 cup of shredded rotisserie chicken
1/4 cup of diced onion
1/4 cup of diced bell peppers
1/4 cup of diced tomatoes
1/4 cup of corn kernels
1/4 cup of shredded cheese (I prefer using a blend of cheddar and Monterey Jack)
1-2 chipotle peppers in adobo sauce, minced
1 tablespoon of adobo sauce (from the can of chipotle peppers)
1 teaspoon of chili powder
1 teaspoon of cumin
1/2 teaspoon of garlic powder
1/2 teaspoon of onion powder
Salt and pepper to taste
Optional toppings: avocado, sour cream, cilantro, lime wedges

DIRECTIONS

1. In a small bowl, mix together the minced chipotle peppers, adobo sauce, chili powder, cumin, garlic powder, onion powder, salt, and pepper.
2. In a separate bowl, mix together the cooked rice, black beans, diced onion, bell peppers, tomatoes, corn, and the prepared chipotle seasoning.
3. Warm the tortillas in the microwave for 10-15 seconds to make them more pliable.
4. Place a quarter of the rice and bean mixture in the center of each tortilla.
5. Top with a quarter of the shredded chicken and shredded cheese.
6. Fold in the sides of the tortilla and then roll it up tightly.
7. Heat a large skillet over medium heat and lightly spray with cooking spray.
8. Place the burritos seam side down in the skillet and cook for 2-3 minutes on each side, until golden brown and crispy.
9. Serve with your choice of toppings and enjoy!
10. My Pro : Tips for Success:
11. If you prefer a spicier burrito, you can add more minced chipotle peppers or a dash of hot sauce to the filling mixture.
12. For a vegetarian option, you can omit the chicken and add more beans or your choice of protein, such as tofu or tempeh.
13. If you don't have access to pre-cooked rotisserie chicken, you can cook and shred your own chicken breasts or use canned chicken.

14. To make this recipe even quicker, you can use pre-cooked microwaveable rice instead of cooking it from scratch.

TIPS FOR SUCCESS

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