

RECIPE:

Black Bean Burritos

Slow cooker directions

Step 1: Thaw freezer bag in fridge 12-24 hours before cooking.

Step 2: Add freezer bag contents to a slow cooker.

Step 3: Cook on low 3-4 hours.

Step 4: Stir and add 1/3 cup bean mixture into tortilla. Add rice, and mozzarella cheese. Then wrap and grill on a skillet on the stovetop for a few min on each side.

Step 5: Serve and Enjoy!

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, add 1/4 cup water.

Step 2: Set to High Pressure for 15 minutes, then allow a 10-minute natural release followed by a quick release.

Step 3: Stir and add 1/3 cup bean mixture into tortilla. Add rice, and mozzarella cheese. Then wrap and grill on a skillet on the stovetop for a few min on each side.

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Expiration date: _____



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