

Loaded Beef and Bean Burritos with Rice and Cheese

These hearty, handheld burritos are bursting with seasoned ground beef, refried beans, fluffy cilantro-lime rice, and melted cheese wrapped in soft flour tortillas. Each bite delivers a perfect combination of savory, protein-packed filling with vibrant flavors and satisfying textures. Whether you're feeding a crowd or meal prepping for the week, these burritos are the ultimate comfort food that everyone will devour.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 minutes	25 minutes	45 minutes	4 servings

INGREDIENTS

1.5 pounds Ground beef	1.5 cups White rice
2.5 cups Beef broth	1.5 cans (15 oz each) Refried beans
2 cups Shredded cheddar cheese	8 count Large flour tortillas
1 large Diced onion	4 count Garlic cloves
0.33 cup Cilantro	1 count Lime
2 teaspoons Cumin	1 teaspoon each Salt and black pepper

INSTRUCTIONS

- 1

In a medium saucepan, bring the beef broth to a boil over medium-high heat. Add the uncooked rice, stir once, and reduce heat to low. Cover and simmer for 15-18 minutes until the rice is tender and liquid is absorbed. Once cooked, fluff with a fork and stir in the fresh cilantro, lime juice, and a pinch of salt. Set aside to keep warm.
- 2

Heat a large skillet over medium-high heat and add the ground beef. Break it apart with a wooden spoon as it cooks, stirring occasionally for about 5-7 minutes until it's completely browned and no pink remains. Drain excess fat from the skillet, leaving about 1 tablespoon for flavor.
- 3

Add the diced onion to the browned beef and sauté for 2-3 minutes until it becomes translucent and fragrant. Stir in the minced garlic and cook for another minute until aromatic. Add the cumin, salt, and black pepper, stirring well to coat all the meat with the spices. This seasoning base is crucial for authentic burrito flavor.

4 Add the refried beans to the seasoned ground beef mixture and stir thoroughly until well combined, breaking up any large clumps of beans. Cook for another 2-3 minutes, stirring occasionally, until the mixture is heated through and has a consistent texture. The beans should be creamy and integrated with the beef, creating a unified filling.

5 Wrap the flour tortillas in a damp paper towel and microwave for 30-45 seconds to make them pliable and warm. Alternatively, warm them in a dry skillet over medium heat for about 20 seconds per side. Warm tortillas are essential—they'll fold without cracking and create a perfect seal for your burritos.

6 Place a warm tortilla on a clean work surface and add about 0.25 cup of cilantro-lime rice in the center-lower portion. Top with approximately 0.5 cup of the beef-bean mixture and sprinkle with about 0.25 cup of shredded cheddar cheese. Don't overfill—leaving about 2 inches of space on each side ensures you can fold properly.

7 Fold the bottom edge of the tortilla up and over the filling, tucking it snugly underneath. Then fold in the left and right sides, creating an envelope. Finally, roll the burrito away from you, keeping tension on the tortilla to create a tight package. The seam should be on the bottom. Repeat with remaining tortillas and filling.

8 For added flavor and crispness, heat a lightly oiled skillet over medium heat and place the burritos seam-side down for 1-2 minutes until they develop a light golden crust. This step is optional but highly recommended as it adds texture and helps seal the tortilla. Serve immediately with your favorite toppings and condiments.

Chef's Notes

The secret to exceptional burritos lies in the details: warm tortillas prevent cracking, proper seasoning transforms simple ingredients into restaurant-quality food, and an even distribution of ingredients ensures each burrito tastes the same. I recommend making a double batch because these freeze beautifully and provide convenient grab-and-go meals. The pan-searing step is often overlooked but makes a tremendous difference in texture and flavor—it creates a subtle crust while slightly melting the cheese inside. Always taste your beef mixture before assembling to adjust salt, cumin, and pepper to your preference.

NUTRITION PER SERVING

Calories: **685 kcal** Protein: **38 g** Carbs: **62 g** Fat: **28 g**