

Instant Pot Rice and Bean Burritos

By Jenny Meier

Servings: 6 to 8 burritos, depending on the size

Cooking Method: Instant Pot

Approximate Total Cooking Time: 1 hour, mostly hands-off



Ingredients

- 2 cups brown rice
- 2 ½ cups water
- 2 tablespoons vegetable oil
- 1 teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon smoked paprika
- 1 15-ounce can black or pinto beans, drained and rinsed

Optional Toppings (add after rice and beans cook)

- 2 cups grated cheddar or other cheese, plus more to taste
- Meat - you can add any type of cooked meat, such as shredded chicken or pork or ground beef
- Green onion, chopped (or use kitchen shears to snip the green onions)
- 2 large handfuls shredded cabbage or shredded iceberg lettuce
- Cilantro
- Salsa
- Sour cream
- Avocado/guacamole

Instructions

Combine the first 7 ingredients in the Instant Pot: brown rice, water, vegetable oil, salt, chili powder, garlic powder and smoked paprika. Mix well.

Cook on high pressure for 22 minutes. Let the pressure release naturally for at least 10 minutes, then release any remaining pressure.

Fluff the rice with a fork. Gently stir in the beans. Add salt to taste.

You can stir other toppings into the rice and beans or let each family member add what they want to their burrito. (I like to immediately add grated cheese to the pot because it melts into rice)

If you're freezing the burritos, see the section below about which toppings freeze well.

Sometimes, my kids prefer to make themselves a quesadilla instead of a burrito because they're easier to eat. Or, you can skip tortillas and serve the rice and beans in a bowl.

How to Roll Burritos

First, a few tips:

- You can make small burritos (7-inch flour tortillas) but they're harder to roll up. Big burritos (10-inch flour tortillas) hold more filling and are easier to wrap up.
- Warm each tortilla in the microwave for 10 seconds right before you fill it, which makes the tortilla more pliable and less likely to tear.

- I'm famous for over-stuffing burritos, so maybe don't take my advice, but I usually scoop about $\frac{3}{4}$ cup of the rice and bean filling onto the tortilla, then add the other toppings.

Rolling instructions:

- Put the scoop of rice and beans just below the center of the tortilla and closest to the edge near you.
- Fold the short sides in. Then fold the bottom up and over the sides and over most of the filling. Try to tuck the tortilla under the filling, then cinch the tortilla tight over the filling and squeeze a little bit to secure, then continue rolling up tightly. [Here's a helpful video.](#)
- If you want crispy tortillas, warm a tablespoon or two of oil in a skillet over medium heat. Add burritos seam side down and cook until golden brown, flipping once, for a total of 3 to 5 minutes.

How to Freeze Burritos

Toppings like sour cream, salsa, avocado and shredded lettuce don't freeze well. Leave them out if you're freezing the burritos. You can add cheese, green onion, cilantro, crunchy red or green cabbage, and/or cooked meat to frozen burritos.

1. After you roll up the burrito, wrap it in foil. Place it in a freezer bag (you can put multiple burritos in the freezer bag together)
2. Freeze burritos for up to 3 months.
3. When you want to eat one, take it out of the freezer and remove the foil. Microwave the frozen burrito for 2 to 3 minutes, then fry it in a pan with oil to crisp up the tortilla.
4. Or, heat the frozen burrito in the oven (still wrapped in foil) for 20 to 25 minutes at 375 degrees.

Substitutions and Additions

Instead of adding chili powder, garlic powder and smoked paprika, you can substitute 1 tablespoon of your favorite taco seasoning.

You can skip the seasonings all together and just make plain rice and beans.

If you have time, you can sauté 1 cup of finely chopped onion in the Instant Pot before adding the first 7 ingredients.

You can add a 4oz can of diced green chiles to the rice before it cooks.