

EMAIL SIGNUP



BUSH'S® EASY CHICKEN AND BLACK BEAN BURRITOS

Looking for a quick and easy meal that's ready in under 30 minutes? Try these hearty burritos, stuffed with tender BUSH'S® Black Beans, chicken, salsa, sour cream, cheese and green onions.

RECIPE DETAILS

Prep Time: 15 minutes Cook Time: 7 minutes Total Time: 22 minutes Servings: 4

INGREDIENTS

- 1 can (15 oz) BUSH'S® Black Beans, drained
- 2 cups chicken, cooked and shredded
- 1 cup salsa, mild or spicy
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- pinch of cayenne pepper
- 1/2 lime, juiced
- 4 (8-inch) tortillas
- 1/4 cup sour cream
- 1 cup shredded Monterey Jack cheese
- 1/4 cup green onion, finely chopped



SHOP INGREDIENTS

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DIRECTIONS

1. Combine beans, chicken, salsa, spices and lime juice in a medium saucepan or microwavable bowl. Cook on low heat or in the microwave until heated through.
2. Spread about 1/2 cup of the bean mixture down the center of each tortilla. Top each evenly with sour cream, cheese and green onion.
3. Roll up burrito style and cut in half to serve.

NUTRITION

		%DV
Calories	530	
Total Fat	21g	-%
Cholesterol	84mg	-%
Sodium	1207mg	-%
Carbohydrates	50g	-%
Dietary Fiber	9g	-%
Protein	38g	-%
Sugars	3g	-%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information shown is estimated based on the ingredients and directions listed in the recipe. Please note that it may vary if the recipe is prepared differently or if the ingredients are changed.



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