Beef and Bean Burritos

Rice

1 1/2 cups chicken broth

3/4 cup brown rice

3 cloves garlic

1/2 teaspoon salt

Filling

1/2 cup chicken broth

15 ounce can black beans

1 Tablespoon olive oil

1 onion, chopped fine

3 Tablespoons tomato paste

1 Tablespoon cumin

1 teaspoon oregano

1 teaspoon chipotle chili powder

12 ounces lean ground beef

1 Tablespoon lime juice

pinch salt

6 flour tortillas

10 ounces mild cheddar cheese, shredded

6 Tablespoons sour cream

For rice, bring broth, rice, garlic and salt to a boil in a saucepan.  Reduce heat to low, cover and simmer 45 minutes.  Remove from heat, let sit, covered, for 20 minutes.  Cool and store in a tupperware container in the refrigerator.

For filling, heat oil in skillet.  Add onion and saute 5 minutes.  Stir in tomato paste, cumin, oregano and chili powder.  Cook 1 minute.  Stir in ground beef.  Cook until no longer pink.  Combine 1/2 cup broth and 1/2 of the can of beans in food processor.  Add to cooked beef mixture.  Cook until liquid is absorbed.  (3 minutes)  Stir in remaining beans, lime juice and salt.  Cool and store in a tupperware container in the refrigerator.

Reheat the rice and the filling in the microwave.  Line a baking sheet with aluminum foil.  Arrange tortillas on the counter.  Divide rice, beef and bean filling and 1 1/2 cups cheddar cheese among tortillas.  Dollop each with a tablespoon of sour cream.  Fold sides of tortilla in towards the center.  Fold bottom of tortilla over sides and filling.  Roll tightly.  Transfer to baking sheet.  Sprinkle with 1 cup cheddar cheese.  Put under broiler for 3-5 minutes until cheese is melted.