# Taco rice burritos

**Ingredients:**

2 Tbsp vegetable oil
½ pound ground beef
1 cup frozen diced onion
2 tsp garlic powder
1 ½ cups rice, long grain
1 15-oz can beans, drained and rinsed
3 ½ cups water
1 packet taco seasoning
1 tsp beef bouillon powder
8 soft taco-size flour tortillas

**Instructions:**

1. In soup pot, heat vegetable oil over medium-high heat. Add ground beef and onion. Cook, stirring often until no pink remains in the meat, breaking up chunks as it cooks.
2. Add the garlic powder, rice and beans. Stir until well combined and cook for about 2 minutes.
3. Add the water, taco seasoning and beef bouillon powder. Stir until fully mixed, then bring to a boil. Cover the pot, reduce heat to low and cook for about 20 minutes until rice is tender.
4. Season with salt and pepper to taste. Serve in tortillas.

**Options:**

This recipe can easily be modified to suit a wide variety of preferences:

- **Spice things up.** Add 1-3 teaspoons of red pepper flakes in Step 2.
- **Add diced bell peppers** in Step 2.
- **Stir in some salsa.** Add about ½ when adding water in Step 3.
- **Add more protein.** Increase the ground beef to 1 pound.
- **Make a vegetarian version.** Omit the ground beef and bouillon powder and add an extra can of beans.
- **Swap the meat.** Use ground chicken or turkey instead of beef and substitute chicken or tomato bouillon powder.
- **Add some extras** to change up the flavor**,** including cheese, olives or sour cream – or more salsa.
- **Top with a can of warmed red or green enchilada sauce.**