

Make Ahead Mexican Wraps

Ingredients:

1 cup uncooked brown rice
2 (15 ounce) cans beans (black, pinto, chili, etc.)
2 (10 ounce) cans corn or 2 cups frozen corn
2 cups salsa
16 (10-inch) flour tortillas
2 cups (8 ounces) shredded cheddar cheese

Directions:

1. Cook rice according to package directions.
2. Rinse beans in a strainer. In a large bowl, mix together beans, corn and salsa. Stir in rice and cheese.
3. Divide the mixture among the tortillas, and roll up. Eat and enjoy or wrap each in plastic wrap, place in a large freezer bag, and freeze. Reheat as needed in the microwave for lunch or snacks.