



FROZEN CHICKEN AND VEGGIE BURRITOS

Makes 8 servings | Serving size: 1 burrito

PREP TIME
20 min

COOK TIME
5 min

TOTAL TIME
25 min

These burritos make a quick, on-the-go meal that you can stock in your freezer. That way, you will always be prepared for those crazy, hectic days. These delicious burritos can be grabbed at a moment's notice.



Ingredients

- 2 tablespoons olive oil
- 1 zucchini, diced
- 1 medium bell pepper, diced
- 3 cups spinach
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (10-ounce) can tomatoes with green chili, drained
- 1 (12.5-ounce) can chicken, drained
- 1 teaspoon cumin
- ¼ teaspoon chipotle chili
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 8 whole wheat tortillas
- 1 cup shredded pepper jack cheese, divided
- 1 cup shredded sharp cheddar cheese, divided

Directions

1. Heat the olive oil in a large pan.
2. Sauté the zucchini, pepper, and spinach.
3. When the spinach starts to wilt, add the beans, tomatoes, chicken, cumin, chipotle chili, garlic powder, onion powder, salt, and pepper.
4. Stir until well combined.
5. Assemble the burritos by placing about ½ cup of the filling on the whole wheat tortilla, then top with two tablespoons of pepper jack cheese, then two tablespoons of sharp cheddar cheese.
6. Roll up into a tight burrito, then wrap in aluminum foil.
7. Place in a gallon-sized resealable plastic bag.
8. Repeat steps two and three until you have eight burritos made.

9. Place in the freezer for a quick lunch on the go!
10. To reheat, remove foil, then wrap with a paper towel.
11. Place on a plate, then microwave for about three minutes. (Cooking times vary, depending on microwave type.)