

Taste of Home



# No-Fry Black Bean Chimichangas

★★★★☆

*Chimichangas usually are deep-fried burritos. My version gets lovin' from the oven. Black beans provide protein, and it's a good way to use up leftover rice. —Kimberly Hammond, Kingwood, Texas*

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**TOTAL TIME:** Prep/Total Time: 25 min.

**YIELD:** 6 servings.

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## Ingredients

2 cans (15 ounces each) black beans, rinsed and drained

1 package (8.8 ounces) ready-to-serve brown rice

2/3 cup frozen corn

2/3 cup minced fresh cilantro

2/3 cup chopped green onions

1/2 teaspoon salt

6 whole wheat tortillas (8 inches), warmed if necessary

4 teaspoons olive oil, divided

Guacamole and salsa, optional

## Directions

1. Preheat broiler. In a large microwave-safe bowl, mix beans, rice and corn; microwave, covered, until heated through, 4-5 minutes, stirring halfway. Stir in cilantro, green onions and salt.
2. To assemble, spoon 3/4 cup bean mixture across the center of each tortilla. Fold bottom and sides of tortilla over filling and roll up. Place on a greased baking sheet, seam side down.
3. Brush tops with 2 teaspoons oil. Broil 3-4 in. from the heat until golden brown, 45-60 seconds. Turn over; brush tops with remaining oil. Broil until golden brown, 45-60 seconds longer. If desired, serve with guacamole and salsa.

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