

Meal Kit # 1

Recipe #2

Wraps de Arroz y Frijoles Cubanos Cuban Beans & Rice Wraps

Wraps de Arroz y Frijoles Cubanos

Adaptado de allrecipes.com

INGREDIENTS

- Sobras de frijoles cubanos y arroz
- 1 aguacate (4 raciones)
- 4 wraps de tortilla de harina
- 2 paquetes de salsa picante

INSTRUCTIONS

1. Calienta la tortilla (voltéala rápidamente sobre la llama de la estufa; caliéntala en el microondas envuelta en una toalla de papel; o calienta el horno a 300 y envuélvela en papel de aluminio)
2. Calienta las sobras de los frijoles cubanos y el arroz.
3. En cada tortilla, añade una cucharada de frijoles y arroz calentados.
4. Cubrir con ¼ de aguacate, en rodajas. Rociar con salsa picante (si se desea). Envuelve y disfruta.

Aderezos opcionales: queso rallado, crema agria, perejil o cilantro fresco.

Tiempo de preparación: 10 minutos; **Tiempo de cocción:** 5 minutos. **Porciones:** 4

Meal A2: Cuban Beans & Rice Wraps

Nutrition Facts

4 Servings Per Container

Serving Size 371g

Amount Per Serving
Calories 490

% Daily Value *

Total Fat 19g 25%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 690mg 30%

Total Carbohydrates 70g 25%

Dietary Fiber 14g 49%

Total Sugars 5g

Includes Added Sugars 0g

Protein 14g

Vitamin D 0ug 0%

Calcium 90mg 7%

Iron 2.0mg 11%

Potassium 320mg 7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cuban Beans & Rice, Avocados, Tortillas, Serracha Sauce

Contains: Gluten

Meal Kit #1

Recipe #2

**Wraps de Arroz y Frijoles Cubanos
Cuban Beans & Rice Wraps**

Cuban Beans & Rice Wraps

Adapted from allrecipes.com

INGREDIENTS

- Leftover Cuban beans & rice
- 1 avocado (4 servings)
- 4 flour tortilla wraps
- 2 packets hot sauce

INSTRUCTIONS

1. Warm tortilla (flip quickly over open stove flame; microwave wrapped in a paper towel; or heat oven to 300 and wrap in tinfoil)
2. Heat up leftover Cuban beans & rice.
3. To each tortilla, add a spoonful of warmed up beans and rice.
4. Top with ¼ avocado, sliced. Drizzle with hot sauce (if desired). Wrap and enjoy.

Optional toppings: grated cheese, sour cream, fresh parsley or cilantro.

Prep time: 10 minutes; **cook time:** 5 minutes.

Servings: 4

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Ingredients: Cuban Beans & Rice, Avocados, Tortillas, Serracha Sauce

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