

Betty's Baked Bean-and-Cheese Chimichangas



Uploaded on 22 Jun 2011

In this video, Betty demonstrates how to make Baked Bean and Cheese Chimichangas. This is a basic and healthy version of chimichangas.

Ingredients:

16-oz. can refried beans (I used the fat-free variety.)

1 cup shredded Monterey Jack cheese

1/3 cup to 1/2 cup bottled salsa (You may use hot or mild; also, you may make your own—look for Chef Jason's Salsa in bettyskitchen.)

1 tablespoon packaged taco seasoning (If you can't find this, just mix together equal amounts of chili powder, ground cumin, dried chives, and dried parsley, and use 1 tablespoon, or to taste.)

2.5-oz. package yellow rice with seasoning, cooked according to package instructions (optional)

(5) 10-inch flour tortillas

cooking oil spray

salsa, sour cream, taco or picante sauce, as accompaniments (You will find a recipe for picante sauce in bettyskitchen.)

In a medium-sized mixing bowl, combine a 16-oz. can refried beans, 1 cup shredded Monterey Jack cheese, 1/3 cup salsa, 1 tablespoon taco seasoning, and cooked yellow rice, if desired. Place 1/5 of the mixture a little below the center line of a 10-inch flour tortilla. Fold in sides, and then fold up bottom and fold top over, forming a neat "package." Place on a baking pan that has been sprayed with cooking oil spray. Form 4 more chimichangas, placing them in a row down the center of the baking pan. Spray the top of the chimichangas with cooking oil spray. Bake in a 425-degree (F) oven for 8 to 10 minutes. Turn, and bake about 5 minutes longer, until top is golden and crisp. Remove from oven and serve immediately. To serve, place on a plate with salsa and sour cream and drizzle some taco or picante sauce over the top. Delightful! --Betty ☐