Pinto Bean Burrito Rice Bowls

2 rice bowls, each with 125 g rice, 120 g pinto beans, 50 g avocado and 20 g cheddar | Active 15 min | Cook 7 min | Total 25 min

Ingredients

• 250 g (9 oz) commercially ready-to-eat cooked rice from a newly opened shelf-stable pack, with label directions allowing bowl reheating

• 240 g (8 1/2 oz) canned ready-to-eat pinto beans, drained and rinsed

• 120 g (4 1/4 oz; about 1/2 cup) ready-to-eat tomato salsa

• 30 ml water (2 tbsp)

• 40 g cheddar (1 1/2 oz; about 1/3 cup grated)

• 100 g (3 1/2 oz) ripe avocado flesh, skin and stone excluded, diced

• 10 ml lime juice (2 tsp), seeds removed

• 1 g ground cumin (about 1/2 tsp)

Set out

1000 W microwave with turntable, Kitchen scale and measuring jug, Knife and board, Spoon, Oven mitts, Two serving bowls, Microwave-safe bowl, at least 2 L/about 2 1/8 US qt measured capacity, about 20 cm/8 in inside diameter and 9 cm/3 1/2 in deep, Microwave-safe vented cover, Can opener and sieve, Fork, Small avocado bowl, Cheese grater, Food thermometer, Citrus juicer

Allergens

Milk. Check labels and substitutions.

Make it

1. Separate the ready-to-eat rice grains with a fork in the 2 L bowl. Add all the drained beans, salsa, water and cumin. Stir well and cover with the vent open.

2. Microwave at 1000 W full power for 3 minutes. Stir the bottom and center, cover with a vent and cook 2-3 minutes more until steaming hot throughout. Follow any longer minimum bowl-reheating process on the rice label. Scatter all 40 g cheddar over the mixture, cover with a vent and heat at 50% power for 30-60 seconds until melted.

3. Stand covered for 2 minutes. Meanwhile dice and weigh 100 g avocado flesh in the small bowl and toss with all the lime juice. Stir the hot rice mixture and check several places for at least 165°F/74°C; if any spot is cooler, use short bursts and repeat the covered stand and check.

4. Divide all the hot rice, beans, salsa and cheese equally between two bowls. Add half the avocado and its lime juice to each. Eat immediately; there is no wrapping, oven finish or separate toasted tortilla.

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Cold contrast goes on last

The measured avocado and lime stay out of the microwave. They are added only to portions being eaten now.

Keep the rice history visible

A new package with clear label directions is the starting ingredient. Previously reheated takeaway or homemade rice is not an equivalent shortcut.

Ingredient labels

Cheddar contains milk. Check rice and salsa labels for wheat, soy, celery or other ingredients. This is an original burrito-style bowl, not a claim of regional authenticity.

A useful detail

The 25-minute plan allows 7 minutes of initial preparation, up to 7 minutes of sequential heating, the 2-minute stand and 9 minutes for avocado preparation, temperature checks and serving. The baseline is 1000 W. Rice is already cooked; this is one continuous reheating session with actual label directions and endpoints controlling the finish.

Another way

Replace pinto beans with 240 g/8 1/2 oz canned ready-to-eat black beans, drained and rinsed. The same hot-rice and avocado division applies.

Use 40 g/1 1/2 oz grated Monterey Jack instead of cheddar. Melt it in the same final reduced-power stage.

Keep it well

This is an eat-now reheated-rice meal. Make only what you will finish and do not cool the assembled rice for another reheating. Keep unused, unmixed packaged ingredients under their original storage and opening deadlines. Rice of unknown age or reheating history is not suitable. Discard served portions left out beyond 2 hours, or 1 hour above 90°F/32°C; cut avocado is not an excuse to leave the hot mixture at room temperature.