Lay tortilla flat. To the center of the tortilla, add your rice, beans, cheese, sour cream, corn, and avocado.

For a taco, simply fold the tortilla in half. For a burrito, bring the bottom of the tortilla up and fold in half (over the filling), then roll from the side. Enjoy!

**Ingredients:**
- 1 small-medium tortilla
- 1/4 cup cooked brown rice
- 1/4 cup beans (black or pinto)
- 1 Tbsp. cheese
- 1 Tbsp. sour cream
- 2 Tbsp. corn
- 1/4 avocado, sliced

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