



Beef and Vegetable Burrito

This recipe is a great way to use dinner leftovers for lunch!

| <u>U.S.</u> | | <u>Metric</u> |
|--------------------------|---------------------------------|---------------|
| 5 each | Whole Wheat Tortillas | 5 each |
| 1 Tbsp | Olive Oil | 15 mL |
| 1 each | Yellow Onion, small dice | 110 g |
| 2 cloves | Garlic, minced | 6 g |
| 1/2 lb | Ground Beef, 90/10 | 227 g |
| 1/2 each | Red Bell Pepper, small dice | 60 g |
| 4 oz | Canned Tomatoes, diced | 113 g |
| 8 oz | Pinto Beans, drained and rinsed | 226 g |
| 1 tsp | Worcestershire Sauce | 5 mL |
| 1 tsp | Taco Seasoning, see recipe | 5 g |
| 1/4 cup | Low-fat Cheddar Cheese | 59.25 g |
| 1/8 tsp | Kosher Salt | 0.625 g |
| 1/4 tsp | Black Pepper, ground | 1.25 g |
| 2 Tbsp | Fresh Cilantro | 3.6 g |
| Taco Spice Blend: | | |
| 1 tsp | Chili Powder | 3 g |
| 1/4 tsp | Garlic Powder | 0.75 g |
| 1/4 tsp | Onion Powder | 0.75 g |
| 1/4 tsp | Oregano, dried | 0.75 g |
| 1/2 tsp | Cumin, ground | 1.5 g |
| 1/4 tsp | Smoked Paprika | 0.75 g |

Preparation:

1. Gather all ingredients and equipment.
2. In a skillet over medium heat, add the oil, 3/4 of the diced onion, red bell peppers, ground beef and taco seasoning. Be sure to stir frequently, cook for about 10 minutes or until onion becomes
3. Then, add the tomatoes, garlic, pinto beans, and Worcestershire sauce. Bring to a boil and then allow the mixture to simmer over low heat for 5-8 minutes or until liquid is 3/4 dissolved.
4. For the tortillas, warm them over an open flame or in the oven for 1-2 minutes.
5. Make each burrito using 3/4 cup of filling, then top with cheese, diced onions and fresh cilantro.
6. Roll and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **1 cup filling**
 1 tortilla**Servings** **5****Calories** 319

Calories from Fat 110

Total Fat 12 g

Saturated Fat 5 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 41 mg

Sodium 459 mg

Carbohydrates 33 g

Dietary Fiber 7 g

Sugars 4 g

Protein 20 g

Vitamin A 62 %

Calcium 0 %

Vitamin C 3 %

Iron 44 %

Phosphorus 50 mg
