

Beef Burritos

with all the fillings



Method

1. Heat oil in a skillet over high heat. Add garlic and onion, cook for 2 minutes until onion is lightly browned. Add Maleny Black Angus beef mince and cook until it turns from red to brown.
2. Add Burrito seasoning and cook for 1 minute. Then add tomato paste and water, cook for 3 minutes or until the water is mostly evaporated. We want the beef to stay juicy! Set aside to cook for 3-5 minutes.
3. Lay a tortilla or wrap on a work surface. Place 1/4 cup of rice just below the centre. Top with 1/4-1/3 cup of beef mince, then some lettuce, corn, black beans, tomato, a sprinkle of red onion and cheese.
4. Fold up the bottom to cover the filling, then fold the edges in. Roll up tightly, then wrap in foil.
5. Continue to make Burritos until all beef filling and toppings have been used up.
6. Serve as is or oven bake at 180 degrees celsius in the foil, to warm them through.

Recipe Notes:

- Burritos are best served with something to dip – sour cream is our favourite choice. You might also like a salsa or guacamole as an alternative.
- Unused beef filling can be refrigerated or frozen to use another time.
- If frozen, defrost beef filling in the fridge overnight or submerge frozen container in cold tap water, changing the water every 30 minutes so it continues to thaw.

Ingredients

Burrito Seasoning:

- 1 tsp onion powder
- 2 tsp dried cumin powder
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper

Beef Filling:

- 1/2 tbsp olive oil
- 2 garlic cloves
- 1/2 onion finely chopped
- 500g of Maleny Black Angus Beef mince
- 2 tbsp tomato paste
- 3 tbsp water

Burritos:

- 6-8 large soft flour tortillas or round wraps
- 3 cups cooked rice
- 3 cups iceberg lettuce or cabbage finely sliced
- 1 cup corn kernels (canned and drained)
- 1 cup black beans (canned and drained)
- 3 tomatoes deseeded and sliced
- 1/2 red onion finely chopped
- 1 1/2 cups of shredded cheese of choice (suitable for melting)

Serves: 6-8 burritos

Preparation Time: 15 mins

Cooking Time: 20 mins

