



BEEF & BEAN *Burritos*

PREP
7 min

COOK
1 min

TOTAL
8 min

YIELD
6 servings

Ingredients

12 teaspoons extra virgin olive oil
 ¼ cup chopped onion
 ½ pound ground beef (or 1 cup cooked quinoa)
 1 15-ounce can pinto beans, drained and rinsed
 1 medium tomato, diced
 1 cup lettuce, chopped
 2 tablespoons cilantro, chopped
 6 large (10") whole grain tortillas
 ½ cup shredded Mexican cheese blend

OPTIONAL TOPPINGS

Salsa, yogurt, chopped lettuce

Directions

- 1** Heat oil in medium pan over medium high heat. Add onion and cook for 1-2 minutes.
- 2** Add ground beef (or tofu) and cook until browned, up to 5 minutes. (If using cooked quinoa, skip this step and add it along with the beans). Stir in beans and heat through. Mix in vegetables.
- 3** Lay a tortilla flat on a plate and add 1/6 of the mixture, top with cheese, and form a roll. Repeat the process with remaining tortillas.
- 4** Serve while filling is warm or, if desired, pour 1 tablespoon oil into a heated pan. Place all 6 burritos on the pan and cook for 2 minutes on medium-high heat. Flip on the other side and cook for another minute or until the burritos are lightly browned.
- 5** Add lime juice, transfer to serving dishes, and serve warm.