

## Recipe #1

### Super Simple Beef Burritos

#### Total Time

Prep: 15 mins; Cook: 20 mins

Total: 35 mins

Servings: 6 burritos

#### Ingredients

1 pound lean ground beef  
1/2 cup chopped onion  
1 clove garlic, minced  
2 teaspoons chili powder  
1 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
1 (16-ounce) can refried beans  
1 (10-ounce) can enchilada sauce  
6 (8-inch) flour tortillas



Shredded lettuce, optional  
Chopped tomato, optional  
Sour cream, optional  
Shredded cheese, optional  
Sliced ripe olives, optional  
Guacamole, optional

#### Directions

1. Heat the oven to 350 F. In a large skillet over medium heat, cook ground beef, onion, and garlic until meat is browned and no longer pink, stirring often to break up meat. Drain well.
2. Return to heat and add chili powder, oregano, cumin, salt, and pepper; simmer for 10 minutes.
3. Add refried beans and 1/2 cup of enchilada sauce. Heat thoroughly.
4. Wrap flour tortillas in foil and place in preheated oven; heat for 10 minutes.
5. Spoon about 1/2 cup of the ground beef mixture onto each tortilla.
6. Roll tightly and place seam-side down on serving platter lined with shredded lettuce.
7. Spoon remaining enchilada sauce over tortillas. Garnish and serve with toppings.

#### Tips:

1. Besides being easy to make, these burritos also freeze well. Wrap each burrito in foil and put them in a freezer bag. Freeze for up to 3 months. This recipe can easily be doubled to make sure you always have them on hand.
2. To save even more time, you can use pre-packaged taco seasoning instead of the individual spices. Try to buy a reduced sodium variety since the refried beans and enchilada sauce will have a significant amount of sodium.

#### Shopping List

1 pound lean ground beef\*  
1 16 ounce can refried beans  
1 10 ounce can enchilada sauce  
1/2 cup chopped onion  
1 clove garlic, minced  
6 (8-inch) flour tortillas

Lettuce (optional)\*  
Tomato (optional)\*  
1 pint sour cream (optional)\*  
1 pkg. grated sharp cheese (optional)\*  
1 can ripe olives (optional)  
1 small container guacamole (optional)\*

CONTINUED on a 2<sup>nd</sup> page.

*Put the following dry ingredients in a zip-lock baggie:*

2 teaspoons chili powder

1 teaspoon dried oregano

1/2 teaspoon ground cumin

1/2 teaspoon kosher salt

1/4 teaspoon black pepper

The items with an asterick (\*) are fresh items which should not be provided in the bag being sent to the Helping Hands Food Pantry. Be sure to purchase and include a Price Chopper or Hannaford gift card for ingredients in the recipe those items and to purchase a gallon of milk.