



Family Plan

Beef and Bean Burritos

Serving Size : 8 Preparation Time :0:00

Categories : Main Dish

Amount Measure Ingredient — Preparation Method

1 pound lean ground beef
1 medium onion — chopped
1 tablespoon Spicy Seasoning Mix (see recipe)
1/2 teaspoon salt
1 8-ounce can tomato sauce
1 15-ounce can pinto beans — drained and mashed
8 flour tortillas (each 8 inches) — warmed

OPTIONAL

Lettuce — chopped
Tomatoes — chopped
Green onion — sliced

In large nonstick skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings.

Sprinkle seasoning mix and salt over beef. Stir in tomato sauce. Simmer 10 minutes, stirring occasionally. Stir in beans; heat through.

To assemble, spoon equal amounts of beef mixture in center of each tortilla. Add lettuce, tomatoes and green onions, if desired. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges.



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Cuisine:

"Tex-Mex"

Source:

"The Texas Beef Council"

S(Internet address):

"<http://www.txbeef.org/>"

Start to Finish Time:

"0:25"

Per Serving (excluding unknown items): 377 Calories; 16g Fat (38.3% calories from fat); 18g Protein; 40g Carbohydrate; 5g Dietary Fiber; 43mg Cholesterol; 829mg Sodium.

Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

NOTES : Quicker than the fast food shop! Simmer lean ground beef and Spicy Seasoning Mix 10 minutes, then combine with convenient canned pinto beans. Spoon into tortillas and serve with fresh vegetable accompaniments.