



Family Plan

Beef and Cheese Burritos

Serving Size : 8 Preparation Time :0:20

Categories : Main Dish

Amount	Measure	Ingredient	Preparation Method
1 1/2	pounds	ground beef	
1 1/4	cups	thick and chunky salsa	-- prepared
1/2	pound	Velveeta Process Cheese Spread	-- cut up
8		flour tortillas	-- warmed

TOPPINGS

Thinly sliced lettuce

Chopped tomato

Ripe olive slices

In large skillet, brown ground beef over medium-high heat 6 to 8 minutes or until no longer pink. Pour off drippings.

Stir in salsa and Velveeta; heat until melted.

To serve, spoon approximately 1/3 cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, overlapping edges.



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Cuisine:

"Tex-Mex"

Source:

"The Texas Beef Council"

S(Internet address):

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

Per Serving (excluding unknown items): 586 Calories; 30g Fat (46.2% calories from fat); 32g Protein; 48g Carbohydrate; 3g Dietary Fiber; 94mg Cholesterol; 1303mg Sodium.
Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 1/2 Other Carbohydrates.

Serving Ideas : Serve burritos with toppings.