



Beef Burritos *Makes 12*

These beef burritos are a balanced and hearty meal, providing 30g of protein and 9g of fibre per serve. With 2520kJ of energy, they're a filling option for growing kids, while still being packed with flavour and nutrients.



Prep: 15 mins
Cook: 30 mins
Total: 45 mins

Pantry Items

- ☒ Olive oil
- ☒ Rice
- ☒ Tomato paste
- ☒ Mixed dry herbs
- ☒ Salt and Pepper



800g Mince



420g Beans



420g Lentils



420g Corn



1 Red Onion



1 Avocado



Tomato(s)



200g Cheese



Sour Cream



12 Tortillas

Before you start

You will need a knife, chopping board, frying pan, sauce pan, bowl, spatula,



1

Place the rice and water in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for 25-30 minutes or until the rice is soft. Drain. Transfer to a medium bowl.



2

While rice is cooking, heat a large frying pan, add olive oil. Dice red onion and cook until golden brown. Add mince breaking up lumps and cook until browned



3

Add mixed herbs and stir. Add 3 tablespoons (50g) of tomato paste and stir. Add beans, corn and lentils. Season with salt and pepper. Stirring occasionally for 6-8 minutes or until the mixture thickens and the mince is cooked through



4

Heat tortillas following packet directions. Spoon rice and beef mixture along the centre of each tortilla. Top with grated cheese, diced tomato, avocado and sour cream (optional).

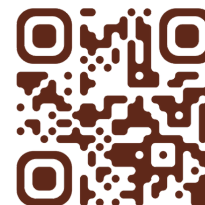


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Roll up the tortillas, folding in one end to enclose the filling. Left over filling can be frozen for future use.

Variations

- Use half the amount of mince and double the beans/lentils
- Use pork mince
- Add fresh chopped chilli
- Add frozen peas
- Add taco seasoning to your mince mixture instead of mixed dry herbs



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