**Beef Burritos**

RECIPE

**INGREDIENTS**

* 2 ½ tablespoon oil
* 2 ½ cups onion, finely diced
* 5 pounds ground beef
* 2 ½ teaspoons garlic powder
* Salt and pepper
* 5 teaspoons onion powder
* 5 teaspoons dried oregano
* 3 tablespoons cumin
* 3 tablespoons paprika
* 3 tablespoon + 1 teaspoon tomato paste
* 1 cup water
* 20 large soft flour burrito shells
* 5 cups cooked rice
* 3 ½ cups frozen corn, thawed
* 3 ½ cups black beans
* 5-6 tomatoes, deseeded and diced
* 1 head lettuce, shredded
* 6 cups shredded cheese
* Optional Ingredients:

minced garlic, salsa, taco seasoning, green onion

**DIRECTIONS**

1. Heat oil in a skillet. Add onion, cook for 2 minutes until onion is lightly browned. Add beef and garlic powder to pan, stirring to break up beef, until it browns.
2. Add seasonings and cook for 1 minute. Then add tomato paste and water, cook for 3 minutes until the water is mostly evaporated but the beef is still juicy, not dried out. Set aside to cool for 10 minutes – piping hot filling will steam the burrito, making the tortilla soggy.
3. Place a flour shell on work surface. Place 1/4 to 1/3 cup of in shell. Top with 1/4 to 1/3 cup beef, then some corn, black beans, tomato, lettuce and cheese.
4. Fold up the bottom to cover the filling then fold the edges in. Roll up tightly, then wrap in foil.
5. To warm, bake at 350 degrees for 20 minutes in the foil – this will warm them all the way through and crisp up the tortilla slightly. If they are straight from the fridge, they will take around 30 minutes to warm through.
6. Burritos are best served with a dollop of sour cream and/or salsa

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| **Prep Time:** 30 minutes | **Cook Time:** 20 minutes | **Total Time:** 50 minutes | **Yield:** 20-26 servings |