



Beef Burrito

<u>U.S.</u>		<u>Metric</u>
5 each	Flour Tortillas	5 each
1 Tbsp	Olive Oil	15 mL
1 each	Yellow Onion, diced small	110 g
3/4 lb	Ground Beef, 90/10	340 g
1/4 tsp	Kosher salt	1.25 g
1/4 tsp	Black Pepper	1.25 g
1 tsp	Taco Seasoning, see recipe	5 g
1/3 cup	Low-fat Cheddar Cheese, shredded	79 g
2 Tbsp	Cilantro, rough chopped	7.2 g
Taco Spice Blend:		
1 tsp	Chili Powder	3 g
1/4 tsp	Garlic Powder	0.75 g
1/4 tsp	Onion Powder	0.75 g
1/4 tsp	Oregano, dried	0.75 g
1/2 tsp	Cumin, ground	1.5 g
1/4 tsp	Smoked Paprika	0.75 g

Preparation:

1. Gather all ingredients and equipment
2. In a skillet over medium heat, add the oil, 3/4 of the diced onion, ground beef and taco seasoning. Be sure to stir frequently, cook for about 10 minutes or until onion become translucent and beef is
3. For the tortillas, warm them over an open flame and reserve for burritos.
4. Make each burrito using 3/4 cup of filling, then top with cheese, diced onions and fresh cilantro.
5. Roll and enjoy!

Nutrition Facts**Serving size** **1 cup of filling**
 1 tortilla**Servings** **5**

Calories	601
Calories from Fat	300
	33
Total Fat	7.4 g
Saturated Fat	0 g
Trans Fat	3 g
Monounsaturated Fat	15 g
Cholesterol	824 mg
Sodium	52 mg
Carbohydrates	3 g
Dietary Fiber	4 g
Sugars	22 g
Protein	0 g
Vitamin A	50 %
Calcium	15 %
Vitamin C	0 %
Iron	0 %
Phosphorus	239 mg
