

16 Minute Beef and Bean Burritos

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Ingredients:

2 Lbs ground beef
½ Medium onion
1 (7 oz) can Mexican tomato sauce or Enchilada sauce
Salt and Pepper
Cumin, Oregano, Chili Powder
1 (28 oz) can refried beans
¾ Cups grated cheddar cheese
Sour Cream and Salsa to top
12 Burrito sized flour tortillas

Directions:

1. Brown ground beef with onion and season to taste
2. Pour in sauce and simmer (reserve a little sauce to top the burritos)
3. Heat refried beans in a sauce pan
4. Heat tortillas in the microwave for one minute
5. Spread small amount of beans on each tortilla
6. Add seasoned meat
7. Fold over ends and then roll up
8. Place two burritos on microwave safe plate
9. Drizzle red sauce over burritos and sprinkle with grated cheddar
10. Microwave for one minute until cheese is melted