# **BEEF and BEAN BURRITOS**

2 cups of Master Meat Sauce (see recipe below)

1 teaspoon pepper

2 teaspoons chili powder

1 can (15 oz.) chunky tomato sauce

2 cups Refried Beans (see recipe attached)

6 6-inch Tortillas (see recipe attached)

½ cup chunky salsa

½ cup shredded cheddar cheese

1 ½ cups Green Chili, optional (see recipe attached)



- 1. Prepare Master Mix and Tortillas and set aside.
- 2. Prepare Master Meat Sauce, Refried Beans and Green Chili.
- 3. Place 2 cups Master Meat Sauce in a saucepan. Add pepper, chili powder, and 1 cup of the chunky tomato sauce. Bring to a boil. Cover and simmer 5 minutes.
- 4. Add Refried Beans. Cover and simmer another 5 minutes.
- 5. Spoon 3 tablespoons of the mixture on each Tortilla. Roll up and place in a 9x13x2-inch baking dish, seam side down.
- 6. Combine salsa and remaining 3/4 cup of tomato sauce. Evenly spoon mixture over rolled burritos.
- 7. Cover with aluminum foil. Place cheese in a sandwich-sized freezer bag.
- 8. Label pan of burritos with date and baking instructions. Freeze with bag of cheese taped on top and with bag of Green Chili.

### To prepare for serving:

In refrigerator thaw Beef and Bean Burritos, cheese and Green Chili. Remove foil and bake burritos at 350° Fahrenheit for 20 minutes. Sprinkle cheddar cheese and pour Green Chili on top, if desired. Continue baking until cheese is melted and chili is heated.

#### Enjoy with:

Ice-cold milk

Lettuce-lined plates with scoops of cottage cheese and slices of peaches

#### MASTER MEAT SAUCE

4 pounds lean ground meat

1 medium onion, minced

1 can (6 oz.) tomato paste plus 6 oz. can of water or 1 can tomato soup

2 cans (15 oz.) tomato sauce

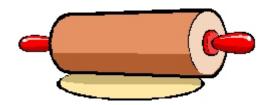
1 teaspoon garlic powder

1 teaspoon salt

- 1. Brown meat, drain fat.
- 2. Add other ingredients. Simmer 20 to 30 minutes.
- 3. Immediately place unused sauce (1 cup portions) in freezer bags. Label and freeze.

#### **Tortillas**

1 cup Master Mix (see recipe below)1 cup flour½ cup warm water (approximate)



- 1. Combine Master Mix and flour. Add enough warm water to make a soft dough.
- 2. Knead in a bowl or on a floured surface for 2-3 minutes or until smooth and elastic.
- 3. Form into 11/2-inch balls. Cover and let rest 10 minutes.
- 4. Roll each ball out between plastic wrap or on a floured surface to form a 6-inch circle.
- 5. Bake on a moderately hot nonstick or lightly greased griddle or fry pan. Cook each tortilla on one side for 15 seconds; turn and bake on second side until lightly browned. Turn again to brown first side. Makes 6 tortillas.

### MASTER MIX (all-purpose baking)

8 cups unsifted, enriched flour ¼ cup baking powder 3 tablespoons sugar 1 tablespoons iodized salt 1⅓ cups nonfat dry milk powder ⅔ cup canola oil



- 1. In large bowl, combine flour, baking powder, sugar, salt, and powdered milk.
- 2. Drizzle oil over dry mixture; cut in with pastry blender or fingers until it resembles coarse commeal.
- 3. Store unused mix in covered container in refrigerator. Yields approximately 10 cups. Keeps about 3 months in refrigerator.

NOTE: To measure Master Mix for recipes, stir lightly, pile into cup (do not shake), and level off.

#### VARIATIONS:

Whole Wheat Master Mix - Use 4 cups white flour and 4 cups unsifted whole wheat flour. Keep refrigerated.

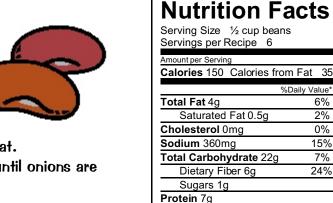
Margarine or Butter Master Mix - Reduce salt to 2 teaspoons. Use 3/4 cup butter, margarine, or shortening in place of canola oil. Keep refrigerated.

# Refried Beans (Frijoles)

3 cups cooked pinto beans 1 cup diced onion 1 clove garlic, minced 1 teaspoon salt 2 tablespoons oil



- 1. Heat oil in frying pan on medium heat.
- 2. Sauté onion, garlic, and salt in oil until onions are tender.
- 3. While onions are cooking, mash beans.
- 4. Add beans to pan and cook, stirring constantly until the beans are hot. Add small amount of water if needed to achieve desired consistency. Makes 6 servings.
- 5. Store unused beans in covered container in refrigerator, use within 3 to 5 days.



Vitamin A 0% · Vitamin C 6% Calcium 4% • Iron 10% Percent Daily Values are based on a 2,000

calorie diet

#### Green Chili

1 pound lean pork 6 tablespoons flour 1 tablespoon canola oil 1 small onion, diced 1 can (4 oz.) green chilies, chopped 1 can (16 oz.) tomatoes, cut up 4 cups water 1 teaspoon garlic powder salt and pepper to taste



- 1. Cut up pork and lightly coat with flour; brown in oil.
- 2. Add onions and brown.
- 3. Add chilies, tomatoes, water, and seasonings. Simmer for 1 hour.
- 4. Cool. Place in gallon freezer bag.
- 5. Label with date and heating instructions (see Beef and Bean Burritos). Freeze with pan of burritos.
- 6. Store unused portion in refrigerator.

Nutrition Facts Serving Size 1 cup chili (576g) Servings per Recipe 4
Amount per Serving
Calories 350 Calories from Fat 170
%Daily Value*
Total Fat 19g 29%
Saturated Fat 6g 30%
Cholesterol 100mg 33%
<b>Sodium</b> 400mg 17%
Total Carbohydrate 13g 4%
Dietary Fiber 3g 12%
Sugars 6g
Protein 31g
Vitamin A 10% • Vitamin C 40%
Calcium 8% • Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet

Cook Once: Eat for 2 Weeks developed and presented by WIN the Rockies and the University of Wyoming Cooperative Extension Cent#ible Nutrition Program. For recipes visit www.uwyo.edu/centsible. For WIN the Rockies information visit www.uwyo.edu/wintherockies. 0803