



CHILI CHEESE BURRITO

February 23

National Chili Day




INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 1# Yellow Onion (diced)
- 3 Tablespoons Chili Powder
- 1 Teaspoon Cayenne Pepper
- 1 Teaspoon Salt
- 2 Cups Water
- 2 Tablespoons Cornstarch
- 2 Tablespoons Water (for cornstarch mixture)
- 16 Ounce Can Refried Beans
- 6 Ounce Can Tomato Paste (about 6 tablespoons)
- 3 Cups Shredded Cheddar Cheese
- (10) Tortilla, Soft, Flour (about 8") (enriched or whole grain-rich)

DIRECTIONS

1. Heat a large skillet over medium-high heat. Add the ground beef and diced onions, cooking until the beef is browned.
2. Drain excess fat from the skillet, then add the chili powder, cayenne pepper, and salt. Stir to combine.
3. Add the tomato paste and refried beans to the meat mixture. Stir until thoroughly combined and smooth. Mix the cornstarch with 2 tablespoons of water until smooth, then add this mixture to the beef. Cook until the mixture thickens.
4. Fold shredded cheddar cheese into the beef mixture until it melts. Simmer the chili cheese sauce for 10 minutes, stirring occasionally.
5. Warm each tortilla by microwaving for 15 seconds or lightly dampening with water and heating.
6. Place a tortilla on a clean surface, add cheese to the center, and scoop about 1/4 to 1/2 cup of the meat mixture on top. Fold in the sides and roll into a burrito.
7. Repeat with remaining filling and tortillas, serving with sour cream and salsa if desired.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

10 Burritos

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Burrito	1 Burrito	1 Burritos	1 Burrito