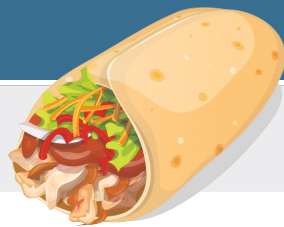


BITE SIZED BURRITOS



April 6

National Burrito Day

INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 24 Tortilla, Soft, Flour (enriched or whole grain-rich: about 6")
- 1 Packet Taco Seasoning
- 3½ Cups Refried Beans
- 2 Cups Cooked Rice (enriched or whole grain-rich)
- 2 Cups Cheddar Cheese (shredded)
- 2 Cups Salsa

DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Heat a pan over medium heat and cook the ground beef until browned. Add the taco seasoning and water (see packet for instructions) and stir until well combined.
3. Heat the flour tortillas until they are pliable.
4. Spread the refried beans onto each tortillas, then top with rice, cheese, and ground beef. Be careful not to overstuff. Fold in the sides of the tortilla and roll tightly. You can secure the edges with refried beans, if you want, to hold them together better.
5. Place the mini burritos, seam side down, on the baking sheet. Bake for 10-12 minutes.
6. Serve with salsa on the side.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

24 Burritos

PORTION SIZES

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