

John's Beef Burritos – 11/7/2025 Rev. 2

John Smigel

In largest skillet over medium heat:

1 Tbs Olive Oil

1 tsp chopped garlic

1 chopped medium onion

2 chopped jalapenos

- Cook until soft (10-15 minutes)

Add:

1.5 lbs. ground beef (flatten and stir to separate)

8 tsp taco seasoning & 2 tsp chili powder

½ cup water

2 Tbs tomato paste

- Cook until most of water is evaporated (medium heat)
- Move to bowl to cool for ~10 min. (Blue top pyrex bowl – 4 cup)

Need 1 to 1 ½ cups cooked rice. (3 to 4 microwave cups)

-Assemble burritos

- 2 8-oz packages Mexican cheese, 3 to 4 cups microwave rice, 6-8 chopped jalapenos
- large Mission tortillas
- To center of each warmed tortilla, add: rice, beef, cheese, chopped jalapenos
- fold sides and roll
- Wipe skillet and coat with oil (Pam)
- Cook each burrito (fold-side down first) for 2 minutes each side

Serve with refried beans, salsa, guacamole, sour cream, and chips

Makes about 8 burritos.

Takes about 90 minutes.

Reheat: 350 degrees, 30-40 minutes depending on size

Wrap in foil to refrigerate or freeze, reheat in foil

- Thaw overnight