

Let's Talk Food Literacy

Burritos

Makes 4 Burritos

Ingredients

Protein foods:

- Leftover cooked meat (e.g. chicken, pork or beef)
- ½ cup refried beans (see recipe below)
- ½ cup shredded cheese

Vegetables of your choice! Examples:

- Diced tomatoes, caramelized onions, corn, sliced peppers/mushrooms/zucchini, spinach

Other:

- 1 cup rice, cooked
- 4 whole wheat tortillas or wraps

Directions

1. Re-heat meat, rice and refried beans to 74°C(165°F).
2. Lay tortillas down on a flat surface.
3. Along middle of tortilla, spread beans, rice, meat, cheese and vegetables.
4. Fold both sides of tortilla inwards. Fold up the bottom flap. Pull it tight over the filling and roll it up to the end. Add cheese at the top of the roll.
5. Toast the burrito in a frying pan on medium.
6. Serve with salsa.

Watch the how-to video!

Burrito: https://youtu.be/7oOxU_7EoPk

Refried Beans: <https://youtu.be/qsCaXlvWuv4>



Burritos

Tips and Tricks:

- ⇒ **Wash hands** with soap and water before, during and after preparing food.
- ⇒ **Adapt this recipe** to your family's taste.
- ⇒ **Use a *calibrated* thermometer** to see when meat is re-heated to 74°C (165°F). *How do I calibrate?* Fill cup with ice and water. Insert thermometer. Adjust dial to read 0°C (32°F).

Refried Beans

Makes 1 cup

Ingredients

- | | |
|-------------------------------------------------------------|-----------------------|
| 1 can (19 oz.) beans, drain&rinse (Romano, Pinto or Kidney) | |
| 1 small minced onion | 1 tsp of ground cumin |
| 1-2 garlic cloves minced | Black pepper to taste |
| 1 Tbsp vegetable oil | 1 tsp of paprika |
| 1 tsp garlic powder | ¼ cup of water |

Directions

1. Heat pan on medium. Add oil and onions. Cook 2 minutes.
2. Add garlic. Cook 1 minute. Add spices and stir.
3. Add beans. Cook 4 minutes. Add water. With a wooden spoon, scrape the bits off the pan (deglaze).
4. Mash the beans with a fork or potato masher.