

One pot Burrito

Pre-made and frozen



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Total time: 30 min

Preparation: 10 min

Cooking: 20 min

Created by: QAST

Serves: 20

Category: Hot Meals

Level: Easy



See how it's done!
This recipe is viewable on
the **QTuckshops** YouTube
channel

Ingredients

- 1 Kg beef mince
- 2 each Onion
- 1 each Taco seasoning sachet
- 2 tbsp cumin
- 1.5 cup Rice (uncooked)
- 5 cup Frozen mixed veg (peas, carrot, corn)
- 1 each Kidney beans tin (400g)
- 1 Kg Grated cheese
- 20 unit Tortilla wraps (10 inch)

Recipe

1. Cook diced onion until translucent
2. Add beef and cook until browned
3. Add seasoning, cumin, rice and 3.5 cups of water
4. Cook for 10-15 mins until rice is cooked through. Meanwhile cook frozen vegetables in microwave on high for 10 mins.
5. Add vegetables to meat & rice mix.
6. Blend kidney beans in food processor until a smooth paste, then add to beef, rice and vegetable mix. Allow to cool.
7. Lay wraps flat, add 1 cup of beef, bean & rice mix and 1/3 cup of grated cheese.
8. Wrap in foil and freeze.
9. Reheat in oven for 1 hour from frozen.

Full description

Thanks to the team at Wellers Hill State School for sharing

Variations

Optional: toast in sandwich press.