BEEF and BEAN BURRITOS

2 cups of Master Meat Sauce (see recipe below)
1 teaspoon pepper
2 teaspoons chili powder
1 can (15 oz.) chunky tomato sauce
2 cups Refried Beans (see recipe attached)
6 6-inch Tortillas (see recipe attached)
½ cup chunky salsa
½ cup shredded cheddar cheese
1 ½ cups Green Chili, optional (see recipe attached)

1. Prepare Master Mix and Tortillas and set aside.
3. Place 2 cups Master Meat Sauce in a saucepan. Add pepper, chili powder, and 1 cup of the chunky tomato sauce. Bring to a boil. Cover and simmer 5 minutes.
5. Spoon 3 tablespoons of the mixture on each Tortilla. Roll up and place in a 9x13x2-inch baking dish, seam side down.
6. Combine salsa and remaining ¾ cup of tomato sauce. Evenly spoon mixture over rolled burritos.
7. Cover with aluminum foil. Place cheese in a sandwich-sized freezer bag.
8. Label pan of burritos with date and baking instructions. Freeze with bag of cheese taped on top and with bag of Green Chili.

To prepare for serving:
In refrigerator thaw Beef and Bean Burritos, cheese and Green Chili. Remove foil and bake burritos at 350°F Fahrenheit for 20 minutes. Sprinkle cheddar cheese and pour Green Chili on top, if desired. Continue baking until cheese is melted and chili is heated.

Enjoy with:
Ice-cold milk
Lettuce-lined plates with scoops of cottage cheese and slices of peaches

MASTER MEAT SAUCE

4 pounds lean ground meat
1 medium onion, minced
1 can (6 oz.) tomato paste plus 6 oz. can of water or 1 can tomato soup
2 cans (15 oz.) tomato sauce
1 teaspoon garlic powder
1 teaspoon salt

2. Add other ingredients. Simmer 20 to 30 minutes.
3. Immediately place unused sauce (1 cup portions) in freezer bags. Label and freeze.
Tortillas

1 cup Master Mix (see recipe below)
1 cup flour
½ cup warm water (approximate)

1. Combine Master Mix and flour. Add enough warm water to make a soft dough.
2. Knead in a bowl or on a floured surface for 2-3 minutes or until smooth and elastic.
3. Form into 1½-inch balls. Cover and let rest 10 minutes.
4. Roll each ball out between plastic wrap or on a floured surface to form a 6-inch circle.
5. Bake on a moderately hot nonstick or lightly greased griddle or fry pan. Cook each tortilla on one side for 15 seconds; turn and bake on second side until lightly browned. Turn again to brown first side. Makes 6 tortillas.

MASTER MIX (all-purpose baking)

8 cups unsifted, enriched flour
¼ cup baking powder
3 tablespoons sugar
1 tablespoons iodized salt
1¼ cups nonfat dry milk powder
⅔ cup canola oil

1. In large bowl, combine flour, baking powder, sugar, salt, and powdered milk.
2. Drizzle oil over dry mixture; cut in with pastry blender or fingers until it resembles coarse cornmeal.

NOTE: To measure Master Mix for recipes, stir lightly, pile into cup (do not shake), and level off.

VARIATIONS:
Whole Wheat Master Mix - Use 4 cups white flour and 4 cups unsifted whole wheat flour. Keep refrigerated.

Margarine or Butter Master Mix - Reduce salt to 2 teaspoons. Use ⅛ cup butter, margarine, or shortening in place of canola oil. Keep refrigerated.
Refried Beans (Frijoles)

3 cups cooked pinto beans
1 cup diced onion
1 clove garlic, minced
1 teaspoon salt
2 tablespoons oil

1. Heat oil in frying pan on medium heat.
2. Sauté onion, garlic, and salt in oil until onions are tender.
3. While onions are cooking, mash beans.
4. Add beans to pan and cook, stirring constantly until the beans are hot. Add small amount of water if needed to achieve desired consistency. Makes 6 servings.
5. Store unused beans in covered container in refrigerator, use within 3 to 5 days.

Green Chili

1 pound lean pork
6 tablespoons flour
1 tablespoon canola oil
1 small onion, diced
1 can (4 oz.) green chilies, chopped
1 can (16 oz.) tomatoes, cut up
4 cups water
1 teaspoon garlic powder
salt and pepper to taste

1. Cut up pork and lightly coat with flour; brown in oil.
2. Add onions and brown.
3. Add chilies, tomatoes, water, and seasonings. Simmer for 1 hour.
5. Label with date and heating instructions (see Beef and Bean Burritos). Freeze with pan of burritos.
6. Store unused portion in refrigerator.

Cook Once: Eat for 2 Weeks developed and presented by WIN the Rockies and the University of Wyoming Cooperative Extension Cent$ible Nutrition Program. For recipes visit www.uwyo.edu/centsible. For WIN the Rockies information visit www.uwyo.edu/witherockies.