

# 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.
2. Prepare Master Meat Sauce, Refried Beans and Green Chili.
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.
4. Add Refried Beans. Cover and simmer another 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° 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

1. Brown meat, drain fat.
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  
1⅓ 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.
3. Store unused mix in covered container in refrigerator. Yields approximately 10 cups. Keeps about 3 months in refrigerator.

**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 ¾ 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.

### Nutrition Facts

Serving Size	½ cup beans
Servings per Recipe	6
Amount per Serving	
<b>Calories</b> 150	<b>Calories from Fat</b> 35
%	
<b>Total Fat</b> 4g	6%
Saturated Fat 0.5g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 6g	24%
Sugars 1g	
<b>Protein</b> 7g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 6%
<b>Calcium</b> 4%	<b>Iron</b> 10%
* Percent Daily Values are based on a 2,000 calorie diet	

## 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.
4. Cool. Place in gallon freezer bag.
5. Label with date and heating instructions (see Beef and Bean Burritos). Freeze with pan of burritos.
6. Store unused portion in refrigerator.

### Nutrition Facts

Serving Size	1 cup chili (576g)
Servings per Recipe	4
Amount per Serving	
<b>Calories</b> 350	<b>Calories from Fat</b> 170
%	
<b>Total Fat</b> 19g	29%
Saturated Fat 6g	30%
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 400mg	17%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 3g	12%
Sugars 6g	
<b>Protein</b> 31g	
<b>Vitamin A</b> 10%	<b>Vitamin C</b> 40%
<b>Calcium</b> 8%	<b>Iron</b> 15%
* Percent Daily Values are based on a 2,000 calorie diet	