

BEEF AND BEAN CRUNCHY WRAP



Beef and Bean Crunchy Wrap



SERVINGS



PREP TIME



COOK TIME

Ingredients

Meat

1 lb	(454 g)	Ground beef, lean
3 tbsp	(45 mL)	Garlic, minced
2 tbsp	(30 mL)	Onion powder
½ tbsp	(7 mL)	Paprika
1 tbsp	(15 mL)	Cumin, ground
½ tbsp	(7 mL)	Salt
2 cup	(500 mL)	Kidney beans, rinsed and drained
3 tbsp	(45 mL)	Lemon juice

Salsa

¾ cup	(180 mL)	Avocado, mashed
¼ cup	(60 mL)	Onion, finely chopped
¼ cup	(60 mL)	Tomato, finely chopped
¼ tsp	(1 mL)	Salt
1 tbsp	(15 mL)	Lemon juice

Assembly

¼ cup	(60 mL)	Sour cream
2 cups	(500 mL)	Lettuce, shredded
1 ½ cup	(375 mL)	Mozzarella cheese, shredded
24 each		Whole wheat tortilla, 6 inch

Instructions

1. In a frying pan, over medium heat, add ground beef and cook while stirring until browned.
2. Add garlic, onion powder, paprika, cumin, 1 tsp (5 mL) salt, and cook until garlic is fragrant, being careful not to burn the spices.
3. Stir in kidney beans and cook just until beans are warmed through.
4. Remove from heat and stir in 3 tbsp (45 mL) lemon juice. Set aside.
5. In a medium bowl, combine avocado, onion, tomato, remaining salt, and lemon juice.
6. On a 6 inch tortilla, spread 1 tsp (5 mL) sour cream in the middle.
7. Top with 2 tbsp (30 mL) lettuce, ⅓ cup (80 mL) beef and bean mixture, 1 tbsp (15 mL) guacamole, and 2 tbsp (30 mL) mozzarella cheese.
8. Top with another tortilla and crimp edges with a fork to seal tortillas. In a pan, toast the tortillas until slightly crisp and cheese is melted.



CHEF'S TIPS

- Leftover beef and bean filling can be used for quesadillas or tacos.
- If tortillas will not seal, mix 1 tbsp (15 mL) flour with 2 tsp (10 mL) water to create a "food glue."