

## Beef Burritos by Lynn's Recipes

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Lynn demonstrates how to make Beef Burritos. This is great for dinner and are delicious leftover. Adapted from Daisy.com.

Add Ingredients:

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- 1 pound lean ground beef
- 1 cup chopped onion
- 2 large garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ cup taco sauce
- 16 ounce can fat free refried beans, regular or black bean
- 6- 10" flour tortillas
- ¾ cup sour cream
- 1-1/2 cups finely shredded Mexican blend cheese
- Queso dip, optional Shredded romaine lettuce, optional

Preheat oven to 375°.

Cook the ground beef in a large skillet over medium-high heat 5 to 7 minutes or until thoroughly cooked, stirring frequently; drain. Add the onion, garlic, chili powder, cumin and taco sauce to the meat and stir. Cook for 5 minutes or until thoroughly heated and the vegetables are tender, stirring frequently. Spread 1/3 cup of refried beans on the bottom 1/3 of each tortilla, leaving 1" around bottom and edges. Spoon 1/3 cup of the meat mixture over beans. Top the meat with

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1 Tablespoon of sour cream and ¼ cup of cheese. Start rolling up from bottom, enfolding the filling. Fold in the sides and continue rolling up.

Spray all sides of the burritos with cooking spray. Place burritos on a cookie sheet, seam sides down. Bake for 12-14 minutes or until thoroughly heated and browned, turning over once.

Serve on a bed of shredded romaine lettuce, top with Queso dip and additional sour cream, if desired.

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