



AUG
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Cheesy Burrito Bake

with Beef, Ranchero Beans, and Lime Crema

Finally: a satisfying yet balanced casserole the whole family will love - even those picky eaters! Feel free to add chipotle for an extra kick or keep it mild; it's up to you. Spoon a dollop of lime crema on the side for a cooling finish.



Prep: 10 min
Total: 35 min



level 1



nut
free



Ground
Beef



Whole Wheat
Tortillas



Yellow
Onions



Southwest
Seasoning



Kidney
Beans



Crushed
Tomatoes



Romaine Heart
Lettuces



Roma
Tomatoes



Cheddar
Cheese



Lime



Sour
Crema



Chipotle
Powder

Ingredients

		4 People
Ground Beef		16 oz
Whole Wheat Tortillas	1)	8
Yellow Onions		2
Southwest Seasoning		2 T
Kidney Beans		1 Box
Crushed Tomatoes		1 Box
Romaine Heart Lettuces		2
Roma Tomatoes		2
Cheddar Cheese	2)	½ Cup
Lime		1
Sour Cream	2)	4 T
Chipotle Powder 		1 t
Oil*		5 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Strainer, Large pan, Medium bowl, Large baking dish, Zester, Small bowl, Large bowl

Ruler

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Nutrition per person Calories: 758 cal | Fat: 31 g | Sat. Fat: 12 g | Protein: 45 g | Carbs: 77 g | Sugar: 12 g | Sodium: 952 mg | Fiber: 17 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and thinly slice the **onions**. Drain and rinse the **beans**. Core, seed, and dice the **tomatoes**. Thinly slice the **romaine lettuce**. **Hint:** If your romaine looks like it has suffered from a bit of wear and tear, peel off and discard the outer leaves. Place in a bowl of water and it'll perk right up!

2



2 Brown the beef: Heat a large drizzle of **oil** in a large pan over high heat. Add the **beef** to the pan. Cook, breaking up the meat into pieces, until browned. Season with **salt** and **pepper**. Remove from pan and set aside.

4



3 Sauté the veggies: Add the **onions** and a large drizzle of **oil** to the pan. Cook, tossing, for 6-7 minutes, until softened and slightly charred. Add the **southwest seasoning** to the pan. Season with **salt** and **pepper**.

5



4 Finish the filling: In a medium bowl, mash the **beans** with a fork or potato masher until almost smooth. Add the **beef** and **beans** to the pan. Stir to combine. Stir in the **crushed tomatoes**, and season with **salt** and **pepper**. Bring to a simmer, then remove pan from heat. If your kids don't like spiciness, set aside half the filling before stirring in as much **chipotle powder** as you can handle.

5 Assemble the burritos: Fill each **tortilla** with the **beef mixture**, then fold in the sides and roll up. Place each **rolled burrito** into a large baking dish (you may need two). Sprinkle with the **cheddar cheese**. Place in the oven for about 5 minutes, until cheese is melted.

6 Make the lime crema and toss the salad: While the **burritos** **bake**, zest and cut the **lime** into wedges. In a small bowl, combine the **sour cream**, **lime zest**, and a squeeze of **lime juice**. In a large bowl, toss the **romaine lettuce** and **tomatoes** with a squeeze of **lime** and a drizzle of **oil**. Season both to taste with **salt** and **pepper**. Serve the **baked burritos** with the **lime crema** alongside the **mixed salad** and a wedge of **lime**. Enjoy!