

# Beef Burrito

Make delicious freezer-friendly beef burritos with seasoned ground beef, rice, beans, and cheese. Perfect for meal prep and busy weeknights!

20 min

PREP

25 min

COOK

45 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

## Beef Burrito

## Ingredients

- 1 lb ground beef
- 1 oz taco seasoning
- 1 cup black bean
- 3 cup corn
- 3 cup rice
- 6 cup wheat tortilla
- 1 cup cheddar cheese

## Instructions

### 1 Prepare the oven and dish

Preheat oven to 175°C (350°F). Lightly grease a 23x33cm (9x13-inch) baking dish with cooking spray.

### 2 Cook the ground beef

Heat a large skillet over medium-high heat. Add 1 lb ground beef and cook, breaking it apart with a wooden spoon, until browned and no pink remains, about 6-8 minutes. Drain excess fat from the pan.

### 3 Add 1 oz taco seasoning packet to the beef along with water according to package directions (usually ¼ cup). Simmer until liquid is absorbed and beef is well coated, about 2-3 minutes. Remove from heat.

### 4 Warm the tortillas

Warm 6 large flour tortillas in the microwave for 15-20 seconds or heat each in a dry skillet for 10 seconds per side until pliable.

### 5 Assemble the burritos

Place one tortilla on a flat surface. Spread about 2 tablespoons of 1 cup refried beans across the lower third of the tortilla. Layer with ½ cup cooked rice from 3 cups total, 2 cup seasoned beef, 2 tablespoons corn from 3 cups total, and 2 tablespoons shredded cheese from 1 cup total.

### 6 Fold the bottom edge of the tortilla up over the filling, then fold in both sides tightly. Roll from bottom to top, keeping the sides tucked in, until you have a tight cylinder. Place seam-side down in the prepared baking dish.

### 7 Repeat the assembly process with the remaining 5 tortillas and filling ingredients, placing each burrito seam-side down in the baking dish.

### 8 Bake the burritos

Cover the dish tightly with aluminum foil and bake for 25 minutes, until the burritos are heated through and the cheese is melted.

## Tips

Warm your tortillas for 15-20 seconds in the microwave or briefly in a dry skillet to make them more pliable and easier to roll without tearing.

Let all cooked ingredients cool to room temperature before assembling to prevent condensation that can make tortillas soggy and harder to roll.

Don't overfill your burritos - use about 3/4 cup total filling per large tortilla. Too much filling makes rolling difficult and can cause bursting during baking.

Make your own taco seasoning by combining 1 tablespoon chili powder, 1½ teaspoons cumin, 1 teaspoon each of salt and paprika, ½ teaspoon each of garlic powder and onion powder, and ¼ teaspoon each of oregano and cayenne.

For extra flavor, cook your rice in beef or chicken broth instead of water, and add a squeeze of lime juice and chopped cilantro once it's cooked.

When freezing, wrap each burrito tightly in aluminum foil and place in freezer bags to prevent freezer burn. Double-wrapping helps maintain quality for longer storage.

For meal prep efficiency, set up an assembly line with all ingredients in bowls and have someone help with the rolling process - it goes much faster with two people.

Test one burrito first before making a large batch to ensure you like the seasoning levels and ingredient ratios, then adjust the remaining burritos as needed.