

Beef and Bean Burrito Bake

Makes 4 servings

Ingredients

- 1 tsp (5 ml) vegetable oil
- 12 oz (375 g) lean ground beef
- 1 onion, chopped
- 1 clove garlic, minced
- 1 sweet green pepper, chopped
- 1 tsp (5 ml) paprika
- ½ tsp (2 ml) each cumin and dried oregano
- ¼ tsp (1 ml) pepper
- 1 can (19 oz/540 ml) pinto or red kidney beans
- 1 cup (250 ml) salsa
- 8, 8-inch (20 cm) flour tortillas
- ½ cup (125 ml) shredded Monterey Jack or Cheddar cheese

Directions

1. In a non-stick skillet, heat oil over medium-high heat; cook beef, breaking up with spoon, until no longer pink, about 5 minutes. Drain off fat. Add onion, garlic, green pepper, paprika, cumin, oregano and pepper; cook, stirring occasionally, until onion is tender, about 5 minutes.
2. Drain and rinse beans; mash half and stir into skillet along with remaining whole beans and salsa. Bring to boil; remove from heat.
3. Spoon about ¾ cup (175 ml) of the beef mixture over bottom two-thirds of each tortilla; roll up. Place in lightly greased 13- x 9-inch (3 L) glass baking dish. Sprinkle with cheese. (Make-ahead: Cover and refrigerate for up to 24 hours; increase baking time by 10 minutes.) Cover with foil and bake in 400 F (200 C) oven until steaming, about 20 minutes.

Variation: Beef and Bean Burritos
Instead of baking in dish, eat the burritos as soon as they are rolled up.

Source: Recipe by The Canadian Living Test Kitchen.
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