



These burritos will not win any authenticity awards but they are delicious, convenient and best of all, “cheap and cheerful.” Of course you can change the recipe to suit your tastes; in fact I encourage you too. This recipe makes twelve 7oz. burritos at around 0.81 cents each.

My husband and I save money when we’ve got prepared convenient foods on hand. It keeps us from visiting our favorite restaurants anytime either of us doesn’t feel like cooking. We all have days that are hectic and putting a home cooked meal on the table can become too tall of an order. Of course, it does take discipline to make meals ahead of time, but if you get, into the habit the cheaper and healthier meals are rewarding. Getting family or roommates involved in the preparation can make them more likely to eat at home.

Serves 12 7oz. Burritos

Ingredients

18oz. extra lean ground beef

12 large flour tortillas

2 16oz. cans pinto, black or refried beans

12oz. shredded Monterey jack cheese

14oz. salsa of your choice

1 cup onion diced

Method

In skillet over medium high heat brown ground beef with diced onion until beef is no longer pink. Drain any excess liquid to prevent burritos becoming soggy.

Meanwhile in medium sized sauce pan warm beans thoroughly. Drain pinto or black beans.

Warm tortillas either in microwave in batches or in a skillet so they are more pliable.

When stuffing the burritos its best to start an assembly line; place meat, then beans, cheese and finally salsa in a row. In the center of each tortilla place 1/4 cup beef, 1/4 cup beans, 2 tbsp cheese and 2 tsp of salsa. Fold in ends and roll up tightly.

A serving suggestion is to heat skillet over medium high heat brush both sides of burrito with oil and grill until golden brown.

To freeze burritos place on a baking sheet in freezer. Once frozen place burritos in zip lock bag, label and date.