

Cooking with OFS



Recipe	BURRITOS
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 For # people	12 people	 Cooking time	45 minutes
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INGREDIENTS

<p><u>Rice & Beans</u> 2 teaspoon canola or vegetable oil 2 onions chopped 1 1/2 cup uncooked white rice 2 teaspoon ground cumin 1/2 teaspoon of cayenne or chilli powder (optional) 3 cups of vegetable stock 2 cans black beans (540 mL)</p> <p><u>Ground Beef</u> 2 teaspoons of canola or vegetable oil 1 package of taco seasoning 1 lb of ground beef 1 onion chopped</p> <p><u>Sauteed Vegetables</u> 2 teaspoons of canola or vegetable oil 4 onions chopped lengthwise 4 peppers chopped lengthwise</p>	<p><u>Pico De Gallo</u> 6 large tomatoes diced 1/2 red onion 3 tablespoons of cilantro 1/2 jalapeno pepper (optional) 1 clove of garlic 1 lime juiced Salt and pepper to taste</p> <p><u>Guacamole</u> 3 large ripe avocados 1 lime juiced Salt and pepper to taste</p> <p><u>Other ingredients</u> 12 large tortilla wraps 3 cups of shredded cheese (optional) 1 cup of sour cream (optional) Hot sauce (optional)</p>
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DIRECTIONS

<p><u>Rice and Beans</u></p> <ol style="list-style-type: none">1. Heat oil in a sauce pan over medium to high heat. Add onions and cook until it has softened, about 3 minutes.2. Add rice, cayenne or chilli powder and cumin. Cook and stir for 2 minutes, until you can smell the spices.3. Add vegetable broth and cover the sauce pan until it boils. Reduce to the heat to low and simmer until the liquid is absorbed by the rice (about 20 minutes).4. Drain and rinse the black beans.5. Stir in black beans, and cook for 2-3 minutes.6. Turn off burner. <p><u>Ground Beef</u></p> <ol style="list-style-type: none">7. Heat oil in a sauce pan over medium heat. Add onions and cook until it has softened, about 2-3 minutes.8. Add ground beef, breaking it up with a spoon. Cook until beef is brown and the pink is gone for about 5 minutes. Add package of taco seasoning and stir into the beef. <p><u>Sauteed Vegetables</u></p> <ol style="list-style-type: none">9. Heat oil in a sauce pan over medium heat. Add onions and cook until it has softened, about 2-3 minutes.10. Add in the peppers and cook for 3 minutes.

11. Turn off burner.

Pico De Gallo

12. Chop tomatoes, red onion, cilantro and garlic into small pieces.
13. Add all ingredients (tomatoes, red onion, cilantro, garlic and lime juice) to a bowl and mix.
14. Add salt and pepper to taste.

Guacamole

15. Peel and remove the pit (seed) of the avocados.
16. Mash the avocados in a bowl.
17. Add lime juice to the bowl and mix into the avocado.
18. Add salt and pepper to taste.

Assemble the Burrito

19. Place a large tortilla on a plate.
20. Add in the filling (rice & beans, ground beef, vegetables, pico de gallo, guacamole, cheese) about $\frac{3}{4}$ of the way down from the tortilla (not in the middle).
21. Fold the sides and then roll.

