**Mexican - Burrito**

The burrito is a well known cuisine in much of South America, especially in countries such as Mexico where it is a common dish to eat for lunch and dinner. The Americans have put their own twist on it, with a Tex-Mex style. The burrito origins are mostly unknown, with speculation that it was created by the **Cowboys of Northern Mexico** in the 1800s. The contents inside of a burrito can vary by person to person, depending on preferences.These instructions will give our take on how the Burrito should be made.

<https://en.wikipedia.org/wiki/Burrito>

* Flour tortillas
* Choice of meat - Chicken, Beef, Pork, Steak, Vegetarian options available too (season to your liking)
* Choice of cheese
* Beans (optional)
* Rice (optional)
* Extras of your choice (tomatoes, sour cream, diced onions, cilantro, taco seasoning)

Steps:

1. Cook your main protein/meat to your desired preference, varies by type.
2. Spread your tortilla open.
3. Place one scoop of your meat choice into the middle of your tortilla in a line shape.
4. Add in the first layer of optional toppings, such as rice and beans (filling toppings).
5. Add the extra toppings to your liking on top of the previous layer, such as tomatoes, sour cream, diced onions, cilantro, taco seasoning.
6. Fold the burrito up, place the sides inwards to then use a rolling motion top to bottom to ensure ingredients are.
7. Optional: after you have folded the burrito, you may decide to fry the outside of the burrito, or wrap it with aluminum foil to keep warm in the oven.
8. Burritos can go well with many different types of dips and sauces, with too many to list, feel free to use your preferred sauce.
9. Now enjoy your freshly made burrito.