

## MAIN COURSES

# Mexican Build-Up



### INGREDIENTS

- 1 lb - ground beef**
- 1 small onion, chopped**
- 8 oz - tomato sauce, tomato paste**
- 24 oz - water**
- 1 can - refried black beans,**  
**tomatoes, chiles**
- 1 C - cooked brown rice**

### SPICES

- 1 tsp - chili powder, oregano, salt,**  
**cumin, fajita seasoning**
- 2 tsp - sugar**
- 2 cloves garlic, minced**

### TOPPINGS

- tortillas, sour cream, avocado,**  
**grated cheese, shredded lettuce,**  
**sliced green onions, chopped**  
**tomato**

### DIRECTIONS

Prepare tortillas over open flame and store.

Crumble beef into skillet on moderate heat. Add in chopped onion. Drain off grease.

Add in rest of ingredients and spices. Mix lightly, bring to boil, reduce heat and simmer covered for 40 mins. Mixture should be quite thick, can thicken by adding rice.

To serve, fill a warmed tortilla with meat and rice mixture, add condiments and enjoy

