

Beef and Bean Burritos

Recipe by: Cook's Country April/May 2013, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1.5 cups	low sodium chicken broth
3/4 cups	long grain white rice
3 cloves	minced garlic
1/2 teaspoons	salt
1/4 cups	fresh cilantro (1/4 teaspoon if dry)
1/2 cups	low sodium chicken broth
15 ounces	canned black beans
1 tablespoon	vegetable oil
1	onion, chopped
3 tablespoons	tomato paste
3 cloves	minced garlic
1 tablespoon	cumin
1 teaspoon	oregano
1 teaspoon	chili powder
12 ounces	ground beef
1 tablespoon	lime juice
3/4 teaspoons	salt
	tortillas
	cheese
	sour cream

- bring 1.5 cups of broth, rice, 3 cloves of garlic, and 1/2 teaspoons of salt to a boil in a small saucepan. Reduce heat to low, cover, and cook until liquid is absorbed, about 20 minutes
- remove rice from heat and let sit still covered for 10 minutes. Add cilantro, fluff rice, and set aside
- meanwhile, combine 1/2 cups of broth and half of the beans and mash the beans
- heat oil in a skillet over medium heat. Cook onion until it just begins to brown
- stir in tomato paste, 3 cloves of garlic, cumin, oregano, and chili powder and cook until fragrant, about 1 minute
- add beef and cook until no longer pink
- stir mashed bean mixture into meat mixture and cook until all the liquid has evaporated
- stir in lime juice and 3/4 teaspoons of salt, remove from heat, and set aside
- assemble burritos as desired. Broil burritos if desired