

Beef and Bean Burritos

Recipe by: Cook's Country April/May 2013, modified by the O'Connor clan Servings: 5

Amount	Ingredient	Prep Notes
1.5 cups	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	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