



Cheesy Burritos

GREEN ACT/SA / Everyday NSW

Makes 10 serves

Ingredients:

- 1 large brown onion finely diced
- 1 tablespoon olive oil
- 1kg Lean Pork mince
- 1 tsp. cumin
- 1 tsp. paprika
- 2 tbsp. of tomato paste, no added salt
- 1 can (400g) diced tomatoes
- 1 cup beef stock
- 1 can (400g) black beans, rinsed drained
- 1 can (400g) corn kernels, drained
- 4 cups of iceberg lettuce, chopped finely
- 2 cups of ripe tomatoes, seeds removed and chopped into small squares
- ½ cup light Greek yoghurt
- 1.5 cup light tasty cheese, shredded
- 1.5 cup brown rice, cooked
- 10 flour/corn tortillas

Method:

1. Brown the onion in a saucepan in the olive oil over medium heat
2. Add the mince and stir until brown, add the spices and stir until fragrant
3. Increase the heat to high. Add the tomato paste and stir through until combined, then add the canned tomatoes and stock.
4. Bring to the boil, and then simmer the sauce until it thickens.
5. Divide the sauce between the 8 tortillas.
6. Place 1 tablespoon of beans and corn on each tortilla
7. Divide the lettuce up and fill each tortilla with lettuce and the tomato
8. Spoon 1 tablespoon of Greek yoghurt on top and sprinkle with the cheese
9. Grill in the sandwich press until cheese is melted

Variations:

You can use lean beef, chicken, turkey, kangaroo or lamb mince in place of pork
Try using beans instead of mince for a vegetarian version.

Nutrition information:

	Per serve (400g)	Per 100g
Energy (kJ)	1988	491
Protein (g)	36.1	8.9

Fat – total (g)	12.7	3.1
Fat – saturated (g)	3.1	0.8
Carbohydrates – total (g)	50	12.5
Carbohydrates – sugar (g)	11.6	2.9
Sodium (mg)	924	228
Fibre (g)	6.0	1.5