



## Year 9 Beef Burrito

### Ingredients

- 4 flour tortillas
- 50ml sunflower oil
- 200g beef mince
- 200g canned chopped tomatoes
- 100g canned kidney beans, drained
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 100ml cold water
- Beef stock cube
- 1 tsp ground cumin
- 1 tsp paprika
- ½tsp cayenne pepper
- salt
- pepper
- 100g Double Gloucester, grated
- 1 jalapeno chilli, sliced
- sprigs of parsley, to garnish

Heat the sunflower oil in a large saucepan over a medium-high heat.

Saute the onion and garlic for 4-5 minutes, stirring occasionally.

Add the **beef** and increase the heat to brown it all over.

Stir occasionally, then add the paprika, cumin and cayenne pepper once the meat is browned.

Stir in the chopped **tomatoes**, kidney beans and stock, bring to the boil then reduce to a simmer for 20 minutes.

Adjust the seasoning and remove from the heat. Heat the grill to hot. Spoon the beef filling into the centre of the tortillas and wrap the sides in to create the burritos. Arrange on a baking sheet and top with the grated cheese.

Grill for 1-2 minutes until the cheese has melted and transfer to serving plates. Garnish with the sliced jalapeno and sprigs of parsley before serving.