Number of servings: 5
*1 recipe will make 15-20 “taste” servings

Ingredients:
½ small head lettuce
1 medium tomato
½ (10-count) package flour tortillas, large size
1 cup grated cheese
½ (16-ounce) can refried beans

Optional: leftover meat round onion
taco flavored meat chili beans
guacamole salsa/taco sauce
bell peppers

Directions:
1. CHOP lettuce, tomato, and any optional ingredients. SET aside.
2. On an ungreased pan, WARM flour tortillas by placing one at a time on a hot pan.
3. SPRINKLE cheese over warm tortilla. MELT cheese.
4. REMOVE tortilla from pan.
5. SPREAD refried beans. SPRINKLE lettuce and tomato on the tortilla.
6. ADD optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.

Variations:
Tortillas may be warmed by wrapping the whole stack in a damp dishtowel or STEAMED in a moderate oven for 10-15 minutes at 250º F, or in the microwave oven.
Other cheeses may be used.
Salsa may also be used.
Equipment

- Electric skillet
- Extension cord
- Can opener
- Cutting board
- Grater
- Knife
- Measuring cup
- Spatula
- Tongs or spoons
- Bowls
- Plates and forks

*Always practice safe food handling techniques. Refer to Food Safety section.*