**Burritos**

**1 Recipe/Unit**

**DAY 1 - MAKE TORTILLAS & SALSA**

**Tortillas de Harina (Flour Tortillas): 2-3 people prepare the dough**

500 mL all-purpose flour

2 mL baking powder

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50 mL shortening

120 mL water

**Directions:**

1. In a large mixing bowl, combine flour, baking powder, and salt.
2. Cut shortening into dry ingredients using your fingers until well distributed.
3. Gradually add water, stirring with a fork to make soft dough. Knead lightly.
4. Divide dough into 5-6 equal-size pieces and roll each into a circle.
5. Cook in an ungreased frying pan over medium heat for 1-2 minutes on each side.
6. Allow to cool before placing in a ziplock for day 2 of lab.

**Salsa: 2-3 people prepare the salsa**

1 clove of garlic, minced

½ medium onion, diced

¼ green pepper, diced

15 mL vegetable oil

250 mL canned tomatoes

60 mL green chilies, chopped

2 drops of hot sauce

1 mL sugar

f.g. salt

**Directions:**

1. Prepare the onion, green pepper, chilies and garlic according to the ingredients list.
2. Using medium heat, cook and stir onion, green pepper and garlic in oil in a saucepan until green pepper is tender (pierce with a fork), about 5 minutes.
3. Stir in remaining ingredients. Break up tomatoes with the wooden spoon while in the saucepan.
4. Turn up heat until salsa is boiling, reduce heat.
5. Simmer uncovered until slightly thickened, about 15 minutes
6. Cool to room temperature. Put in a bowl and wrap with plastic wrap. Label and put in fridge until Day 2 of lab.

**DAY 2 - MAKE FILLING, BAKE & EAT**

**Meat Mixture - 2-3 people prepare the filling**

¼ onion, diced

![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\H2GF2FA4\MC900112470[1].wmf]()¼ green pepper, diced

150 mL lean ground beef

200 mL tomato sauce

5 mL chili powder

2 mL red chili pepper flakes

5 mL garlic powder

2 mL oregano

1 mL basil

**Directions:**

1. Preheat oven to 350°F.
2. In a frying pan over medium-high heat, add a small amount of oil and sauté green pepper and onion.
3. Add ground beef, stirring until well cooked.
4. Add tomato sauce and seasoning/spices; bring to a simmer for 10-15 minutes, stirring occasionally.

**Spanish Rice - 2-3 people prepare the rice**

10-15 mL oil

¼ onion, finely chopped

1 clove of garlic, minced

75 mL uncooked long grain rice

175 mL chicken stock (175 mL warm->hot water + 7-10 mL chicken stock powder)

15 mL tomato paste

1-2 mL oregano

1-2 mL salt

**Directions:**

1. In a frying pan, brown rice in oil over medium-high heat. Add onions and garlic. Cook rice mixture for about 4 minutes, or until onions are softened. Make sure to stir frequently.
2. In a medium pot, bring chicken stock to a boil.
3. Add rice mixture, tomato paste, oregano and salt to chicken stock. Bring to a boil and simmer, covered on low heat for 15 minutes.
4. Fluff with a fork, scraping the bottom of the pot so it doesn’t stick; turn off heat.

**Assemble Burritos**

4-5 tortillas (one per person)

Meat mixture, divided

Rice mixture, divided

Salsa

125 mL cheddar cheese

1. Lightly grease a baking pan with shortening.
2. Place your rice portion in the center of the tortilla.
3. Place your meat portion over top of the rice.
4. Add some salsa and grated cheese.
5. Roll tortilla: fold one end in, roll from one side to the other tightly.
6. Place burritos seam side down in greased baking dish. Place in oven for 10-15 minutes.
7. Enjoy!!!

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