

BEEF BURRITOS

Serves 4 to 6.

By Dennis W. Viau; an original recipe.

There is nothing gourmet about these burritos. This is purely soul-satisfying comfort food, a marriage of volume and flavor to meet the demands of the glutton that hides in us all. I love these things. I could eat them almost everyday, but I don't. These are an occasional treat when I've been good.



Ingredients:

2 tablespoons oil for frying
½ large onion (about 6 ounces/170g), chopped
1 pound (454g) lean ground beef
1 tablespoon chili powder, more if you like and as spicy hot as you like
Salt and pepper
1 30-ounce (850g) can refried beans
¼ head iceberg lettuce (or other preferred variety), shredded
4 to 6 ripe tomatoes, chopped
8 ounces (227g) cheddar or Monterey Jack cheese, shredded
8 ounces (227g) sour cream
8 ounces (227g) guacamole
4 10- to 12-inch (24 to 41cm) flour tortillas

Directions:

Heat the oil in a large skillet over medium flame. Add the chopped onions and sauté until they tender and translucent, 4 to 5 minutes.

Add the ground beef and chili powder to the skillet. Sauté until the meat is cooked thoroughly. Season to taste with salt and pepper.

While the meat is cooking, heat the refried beans in a saucepan. Chop and/or shred the lettuce, tomatoes, and cheese, of not already done so.

Warm each tortilla in a skillet, if desired. Spread warm refried beans along the center of a tortilla. Top with cooked beef, lettuce, tomatoes, and cheese. Spoon sour cream and guacamole along the center top. Fold in the sides over the filling and then roll the burrito to enclose the filling.

The burrito can be wrapped in aluminum foil, parchment paper, or waxed paper to hold it together while eating. Serve warm.

The step-by-step photos were removed. See the video for the preparation.