



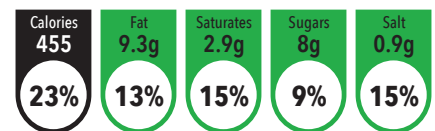
CHILLI BEEF BURRITOS

 **Prep:** 15 minutes

 **Cook:** 4-5 hours

 **Serves:** 4

Each serving contains



of your guideline daily amount

Ingredients:

- 400g minced beef with 5% fat
- 1 onion, chopped
- ½ tsp **LoSalt**
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp mild chilli powder
- 400g can chopped tomatoes
- 4 standard wholemeal wraps
- 250g pouch long rice
- ½ x 400g can black beans, drained and rinsed
- ¼ small Iceberg lettuce, shredded

Method:

1. Fry the beef and onion in a large saucepan for 3-4 minutes to brown, stir in the **LoSalt** and spices and fry for 2-3 minutes. Stir in the tomatoes and bring to the boil, transfer to a slow cooker and cook on HIGH for 4-5 hours.
2. Heat the tortillas and rice according to the pack instructions and heat the beans in a microwave for 1-2 minutes.
3. Spoon the mince down the centre of each tortilla, spoon the rice, beans and lettuce alongside. Wrap the tortillas up, enclosing the filling. Wrap in foil and twist the foil ends to create a tight cylinder. Cut in half to serve or simply unwrap.

COOKS TIP:

Assemble ahead with the ingredients cold, then place the foil wrapped burritos in the oven to heat through.