

Beef and Cheese Burritos

INGREDIENTS

- 1 lb ground beef
- 1 medium zucchini, finely grated
- 1 red bell pepper, finely diced
- 1/2 medium onion, diced
- 2 cloves garlic, minced
- 1 packet taco seasoning (or homemade: 1 Tbsp chili powder, 1 tsp cumin, 1 tsp paprika, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1/2 tsp salt, 1/4 tsp pepper)
- 2 cups shredded cheddar or Mexican blend cheese
- 8-10 medium flour tortillas (8-inch size)

DIRECTIONS

1. In a large skillet over medium-high heat add ground beef, onion, garlic, zucchini, and red bell pepper. Cook 5-6 minutes, until veggies soften. Cook and meat is no longer pink.
2. Stir in taco seasoning. Simmer 2-3 minutes until mixture thickens.
3. To assemble: Place 2-3 tablespoons of the beef-veggie mixture in the center of each tortilla, sprinkle with cheese. Fold the left and right sides of the tortilla in toward the filling, then fold the bottom edge up and roll tightly into a burrito.
4. Optional: Toast burritos seam-side down in a hot skillet for 1-2 minutes to seal and crisp the outside.
5. Serve warm with salsa, sour cream, or guacamole.