

# Beef and Bean Burritos

Recipe by: Cook's Country April/May 2013, modified by the O'Connor clan

Servings: 4

Amount	Ingredient	Prep Notes
1.5 cups	chicken broth	
3/4 cup	long grain white rice	
3 cloves	minced garlic	
1/2 teaspoon	salt	
1/4 cup	fresh cilantro	1/4 teaspoon if dry
1/2 cup	chicken broth	
15 ounces	canned black beans	
1 tablespoon	vegetable oil	
1	onion	chopped
3 tablespoons	tomato paste	
3 cloves	minced garlic	
1 tablespoon	cumin	
1 teaspoon	oregano	
1 teaspoon	chili powder	
1 pound	ground beef	
1 tablespoon	lime juice	
3/4 teaspoon	salt	
	tortillas	
	cheese	
	sour cream	

- bring 1.5 cups of broth, rice, 3 cloves of garlic, and 1/2 teaspoon of salt to a boil in a small saucepan. Add dry cilantro at this point. Reduce heat to low, cover, and cook until liquid is absorbed, about 20 minutes
- remove rice from heat and let sit still covered for 10 minutes. Add fresh cilantro if using, fluff rice, and set aside
- meanwhile, combine 1/2 cup of broth and half of the beans and mash the beans
- heat oil in a skillet over medium heat. Cook onion until it just begins to brown
- stir in tomato paste, 3 cloves of garlic, cumin, oregano, and chili powder and cook until fragrant, about 1 minute
- add beef and cook until no longer pink
- stir mashed bean mixture into meat mixture and cook until all the liquid has evaporated
- stir in remaining beans, lime juice and 3/4 teaspoon of salt, remove from heat, and set aside
- assemble burritos as desired. Broil burritos if desired