

Beef and Bean Burritos

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-beef-seasoning-recipe>

Ingredients:

- ground beef
- beef seasoning
- chili powder
- paprika
- garlic powder
- dried oregano
- salt
- pepper
- avocado oil
- vegetable oil
- tortilla wraps flour
- rice cilantro lime, or substitute with any cooked rice you have. You can use white or brown rice.
- lettuce
- corn you can use canned corn or frozen corn, boiled in water for 5 minutes.
- black beans I used canned black beans. You can also prepare the beans fresh from dried beans. Allow yourself enough time to cook the d...
- tomatoes
- red onion
- fresh cilantro

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 31 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 470 milligrams
8. Sugar: 3 grams

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