

THURSDAY MEXICAN NIGHT

Serves 4

Time: 20 minutes

Plan Ahead: make and freeze to use on a busy day.

- 1 16 oz. can refried beans
- 1/3 to 1/2 cup water
- 1 cup cheddar cheese, shredded
- 2 eggs
- 2 Tablespoons milk
- 1/8 teaspoon salt
- 1/2 cup vegetable oil
- 4 flour tortillas, 8 inch round
- 4 pieces aluminum foil 8 x 12 inches

Salsa

Sour Cream

*These burritos will melt
in your mouth.
They are soft and delicious!
Kids love these!
A great way to serve
breakfast in the morning to
company or for a busy
family. Eat them on the
way to school or work.
Take them with you
in a thermos or
insulated carrier. xo*

Meatless

MELT IN YOUR MOUTH BURRITOS

1. Pre-heat oven to 375°.
2. Spoon the refried beans into a medium size saucepan on top of the stove. Pour the water into the pan with the beans. Bring the beans to a low boil over medium high heat stirring until the water is mixed and the beans are easy to stir and easy to spread. Remove from heat. Cover to keep warm.
3. Shred 1 cup cheese. Set aside. In a pie dish beat eggs, milk and salt with a fork. Set aside.
4. Pour oil in a medium size frying pan and turn the heat up to medium high.
5. Quickly warm one tortilla at a time in the microwave for 10 seconds. With your fingers, dip the warm tortilla in the egg mixture, turn and do the other side. Place the tortilla into the hot oil and fry each side until the egg mixture is cooked or until barely brown. Place on paper towel for a few seconds to soak up excess oil.
6. Move the cooked tortilla to a small plate and measure out 1/4 cup warm beans and spread down the middle of the tortilla. Measure out 1/4 cup of the shredded cheese and sprinkle down the middle on top of the beans. Fold in and tuck the ends, then roll to form a burrito.
7. Wrap each burrito in its own piece of foil. Place onto a baking sheet. Do this 3 more times until the burritos are wrapped and placed on the baking sheet. Place in a pre-heated oven at 375° on the middle rack and bake for 10 min.
8. Remove from the oven. Serve each person their own foil wrapped burrito on a plate. Help little ones to unwrap the hot foil. Pass salsa and sour cream (optional).

Breakfast Burrito: Follow the same directions as for Bean and Cheese Burrito except fill fried flour tortillas with 1/4 cup scrambled eggs, warm. Sprinkle on 3 Tablespoons shredded cheddar cheese, a slice of warm bacon and 3 Tablespoons warm hash brown potatoes. Roll up the same as above and wrap in foil as directed. Bake 10 min. in the oven. These are so delicious!

Serve with: Chips and Salsa. Use one of my fresh Fruit Salsas. Sliced Avocados.

Variations: It is endless what you can do with these burritos. Try using vegetarian refried beans. Double or triple the recipe and freeze them. To freeze: Let the burritos cool, then wrap each one tightly in plastic wrap, then in foil. When ready to use, thaw. Unwrap the plastic and wrap again in the same foil. Place in oven at 250° until warmed through.