

K?ymal? Burrito

Authentic Turkish-style ground meat burrito recipe. Easy to make, freezer-friendly, and perfect for meal prep. Ready in 45 minutes!

20	25	45	6	Easy
HAZIRLIK DK	Pİ?İRME DK	TOPLAM DK	PORSİYON	ZORLUK

K?ymal? Burrito

Malzemeler

- 1 lb ground beef
- 1 oz taco seasoning
- 1 cup black bean
- 3 cup corn
- 3 cup rice
- 6 cup wheat tortilla
- 1 cup cheddar cheese

Yap?l???

- 1 Prepare the oven and baking dish**

Preheat your oven to 175°C (350°F). Spray a 22 x 33 cm baking dish with cooking spray to prevent sticking.
- 2 Cook the seasoned ground beef**

Heat a large skillet over medium-high heat. Add 1 lb ground beef and cook, breaking it up with a spoon, until browned and no pink remains, about 6-8 minutes. Drain excess fat from the pan.
- 3 Add 1 oz taco seasoning packet to the cooked beef along with any water called for on the package directions. Simmer until the liquid reduces and the beef is well-coated, about 2-3 minutes. Remove from heat and let cool slightly.**
- 4 Prepare the rice**

Cook 1 cup rice according to package directions until tender and fluffy. This should yield about 3 cups cooked rice. Set aside to cool slightly.
- 5 Assemble the burritos**

Lay one large flour tortilla flat on a clean surface. Spread about 2-3 tablespoons of the 3 cups refried beans in a horizontal line across the center of the tortilla, leaving 2 inches of space on each side.
- 6 Layer ½ cup of the cooked rice over the beans, followed by about ? of the seasoned ground beef. Top with 2 tablespoons of the 1 cup corn and sprinkle with about ? of the 3 cups shredded cheese.**
- 7 Roll the burritos**

Fold the left and right sides of the tortilla over the filling. Starting from the bottom edge closest to you, tightly roll the tortilla away from you, keeping the sides tucked in. Place seam-side down in the prepared baking dish.

- 8 Repeat the assembly and rolling process with the remaining 5 tortillas and filling ingredients, placing each burrito seam-side down in the baking dish.
- 9 **Bake the burritos**
Cover the baking dish tightly with aluminum foil. Bake for 25 minutes, or until the burritos are heated through and the cheese is melted.
- 10 **Rest and serve**
Remove from oven and let rest for 5 minutes before serving. Serve hot with salsa, sour cream, or your favorite toppings.

?puçlar?

To prevent soggy burritos, avoid wet ingredients like fresh tomatoes, lettuce, or salsa in the filling. These can be served on the side instead.

Warm tortillas in the microwave for 30 seconds or on a dry skillet to make them more pliable and easier to roll without cracking.

Don't overfill the tortillas - use about $\frac{3}{4}$ cup of filling per large tortilla to ensure proper rolling and prevent bursting during baking.

Let the cooked ground beef cool slightly before assembling to prevent the cheese from melting prematurely and making the tortilla soggy.

Spray the baking dish with cooking spray or brush with oil to prevent sticking and ensure easy removal after baking.

Place burritos seam-side down in the baking dish to help them hold their shape during cooking.

For extra flavor, brush the tops of the burritos with melted butter and sprinkle with garlic powder before baking.

Allow burritos to rest for 5 minutes after baking before serving to let the filling set and prevent spillage when cutting.