

## Betty's Casa Betty Burritos Recipe



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In this video, Betty demonstrates how to make her popular "Casa Betty" Burritos. They are very easy to make, and are mouth-watering! Betty displays her burritos along with her Spanish Rice Ole! side dish--a \*great\* party meal!!!

### Ingredients:

1 pound ground beef  
1 teaspoon salt  
1 small onion, finely chopped  
1 clove garlic, minced  
1/2 teaspoon ground cumin  
15 oz. can refried beans  
15 oz. can chili with no beans  
1 package of 10 flour tortillas (I used 7"-size, and had enough filling left over to freeze for another package of 10 later.)  
shredded sharp cheddar cheese (about 1 cup, or to taste)  
cooking oil spray

Brown 1 pound ground beef with 1 teaspoon salt, 1 small chopped onion, 1 clove minced garlic, and 1/2 teaspoon cumin, stirring continuously over low heat. When brown and crumbly, add a 15 oz. can of refried beans and a 15 oz. can of chili with no beans. Stir together thoroughly. Spoon equal amounts of meat mixture on each tortilla, roll tortillas, and place seam side down in a baking dish that has been sprayed with cooking oil. Sprinkle with about 1 cup shredded sharp cheddar cheese (more, if desired). Bake, covered with aluminum foil at 325 degrees for 10 minutes. Remove the foil, and bake 8 minutes longer without the foil. Change the oven heat to 400 degrees and turn to broil. Broil for about 2 minutes, or until cheese is beginning to brown on top. Serve with salsa (left over from the recipe and refrigerated) and restaurant-style fried tortilla chips, Betty's Spanish Rice Ole!, sliced lettuce, diced fresh tomatoes, and fresh avocado slices--plus limeade to drink!

Note: These burritos may be frozen before baking. When you are ready to use them, just thaw them and bake as directed above. A very convenient and delicious party combo!!!