



20 mins



Serves

2-3

FRESH

BEEF OR BLACK BEAN BURRITOS

Ingredients:

1 tbsp canola oil
1lb of extra lean ground beef or 2 cups of black beans, drained and rinsed
1 small onion, diced
2 cloves of garlic, minced
½ can of crushed tomatoes
1 small can of corn
4-6 large whole wheat tortillas
1 cup of cooked brown rice
2 cups of iceberg lettuce, chopped
½ cup of shredded cheese
1 small tomato, diced
1 small red onion, diced
Dollop of sour cream (optional)
Dollop of salsa (optional)

Seasoning:

1 tsp onion powder
½ tsp black pepper
2 tsp cumin powder
¼ tsp cayenne pepper (optional)

Directions:

1. Mix together spices for seasoning mixture. Set aside.
2. Heat canola oil in a large skillet over medium heat. Add onions and garlic, cook until soft (about four minutes).
3. Add extra lean ground beef (or black beans) to the onions and garlic. Cook until the meat is no longer red (about seven to ten minutes) and/or until beans are heated.
4. Add seasoning, crushed tomatoes, and corn to the beef/bean mixture. Stir until well-incorporated. Cook for a few minutes.
5. Place tortilla on a plate and fill with beef/bean mixture, rice, cheese, lettuce, tomato, and onion. Roll and top with sour cream and salsa if desired.

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Reduce Food Waste by following these tips from Love Food Hate Waste:

1. Plan It Out: Plan meals before shopping

Start simple, consider your schedule and plan time to grocery shop and cook.

Plan your meals and base your grocery list on what you are missing at home.

Leave room for flexibility, plan for 4-5 meals and consider batch cooking so that you have leftovers to use as well.

2. Keep It Fresh: Store food properly so that it will keep fresh longer

Keep it cool: fridge should be 0°C to 4°C to preserve freshness.

Keep it clear: clear containers make it easier to see leftovers.

Keep it out of the door: No milk/dairy/eggs/raw condiments since the door is too warm.

Keep it whole: avoid slicing food until you are ready to use it.

First in, first out (FIFO): Older foods go to the front, new groceries go to the back.

3. Use It Up: Use up foods before they spoil, and revive wilted veggies

Get creative when loving leftovers.

Reduced-waste recipe ideas.

Check what foods you have before grocery shopping. Use FIFO to ensure you use up old foods first.

Rehydrate wilted veggies with an ice-water bath.

Recipe Ideas to Prevent Food Waste from the Rock What You've Got Cookbook (2019)

“Fridge Clean Out” recipes

- With plenty and variable ingredient options, you can make use of what you already have in your fridge.

- Get creative, try new ingredient combinations or create substitutions to use up any odds and ends in the fridge.

“Zero-Waste” recipes

- Use up all of the main ingredients in recipes so that you are not left with half of a vegetable that eventually finds its way to the compost bin.

Resources:

<https://guelphfamilyhealthstudy.com/wp-content/uploads/2019/09/Rock-What-Youve-Got-Recipes-Sept-2019-Web.pdf>
<https://lovefoodhatewaste.ca/>
<http://guelphfamilyhealthstudy.com/cookbooks/>

“2-in-1” recipe

- Make use of leftovers in a completely new (and tasty) dish so that leftover components from Meal 1 are transformed into Meal 2.

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