

Beef and Bean Burritos (Grain-Free/Dairy-Free)

PREP 5 MINS | COOK TIME: 10 MINS | SERVES: 8-10 small burritos OR 4-6 large burritos

INGREDIENTS

- 8-10 almond flour tortillas, or your preferred tortilla
- 1 package taco seasoning (for grain-free, use Siete)
- 1 can refried pinto beans
- 1 lb ground beef

INSTRUCTIONS

- 1) Cook the ground beef until browned. Then, add in your taco seasoning, along with a 1/4 cup of water and stir until well mixed.
- 2) Wrap your tortillas in a damp paper towel and heat them in the microwave for about 15 seconds to help make them pliable.
- 3) Next, slather on some of the refried beans to the center of your tortilla (maybe about 2 tbsp worth, or more if you are using a larger tortilla), layer on a dollop of the ground beef, then wrap the tortilla up into a burrito.
- 4) I then like to crisp mine up on a griddle skillet or just a normal skillet to get them a little crispy. That's it!