

Crunch Wrap



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Recipe by: Laura Vitale

Makes about 8

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

For the Beef:

- 1lb of Ground Beef
- 1 Tbsp of Olive Oil
- 1 Small Onion, diced
- 2 Cloves of Garlic, minced
- 1-15oz can of Diced Tomatoes (or rotel)
- 1 Tbsp of Taco Seasoning (or more to taste)
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For the remaining ingredients:

- Burrito Size Tortilla
- Small Flour Tortilla
- Tostada
- Pico or any salsa of choice
- Sour Cream
- Refried Beans
- Shredded Cheddar
- Hot Sauce

1) Start by cooking the beef. In a medium size skillet preheated over medium-high heat, add the oil. Once hot, add the beef, break it up as much as you can and cook until almost fully cooked through (if your beef has rendered a lot of fat, drain and discard).

2) Add the onions and garlic, cook a few minutes until they soften, then add the taco seasoning, cook while stirring for about 30 seconds. Add the tomatoes, reduce the heat to medium and cook for about 7-10 minutes or until the mixture thickens and cooks down. Set aside to cool slightly.

3) Assemble the crunch wrap however you like (watch video to see clear instructions since it's a bit tricky to explain in writing) toast until crunchy and brown on both sides and enjoy!

