



Beef Rock & Roll Wraps

Source: National Cattlemen's Beef Association

Servings

6

Ingredients

1 lb ground beef, 80% lean

1 1/2 cups water

1/2 cup uncooked quinoa

1 Tbsp dry ranch dressing mix

1/2 lb packaged cabbage coleslaw or broccoli slaw

3 tortillas large whole wheat or spinach tortillas, 10-13-inch diameter

Optional Toppings: Sliced or chopped red apples, sliced or chopped red bell peppers, sliced or chopped cucumbers, sliced toasted almonds

Preparation

1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature is 165°F. Remove drippings.
2. Stir in water, quinoa, dry ranch mix, and pepper. Bring to a boil; reduce heat. Cook, covered, until quinoa is tender, stirring occasionally. Not all liquid will be absorbed.
3. Add slaw; increase heat to medium. Cook, uncovered, until slaw is crisp-tender, stirring occasionally.
4. Divide beef mixture onto tortillas. Add toppings, as desired. Fold over sides of tortilla and roll-up to enclose filling. Cut wrap diagonally in half for two servings.



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