

# Beef Burrito

## Ingredients

- A little bit of oil.
- $\frac{1}{2}$  onion,
- 2 garlic cloves
- 1 tsp cumin
- 1 tsp coriander
- 3 pinches of cayenne pepper
- 1 tsp dried oregano
- 100g beef mince
- A pinch of sugar
- 1 tsp cider vinegar
- $\frac{1}{2}$  cup of chopped tomatoes
- 2 tbsp. of black beans
- 1 tortilla /wrap
- $\frac{1}{2}$  cup Mexican tomato rice

## Toppings

- Cheese
- Lettuce
- Red onion
- Guacamole
- Sour cream

## Method

1. Put the all the spices and the sugar into a ramekin
2. Chop up onion and garlic really finely.
3. Prepare any toppings you would like.
4. Fry the onions and the garlic, for a few minutes.
5. Add the mince and fry till it starts browning
6. Add the spices and cook for a 1 min.
7. Add in the vinegar, pour in the tomatoes and stir.
8. Simmer for 5 mins on a low heat.
9. Add the beans and season, stir and simmer everything for 10 mins until the beef is in a thick sauce.

## To make the burrito

1. Pile some rice and beef sauce along the tortilla and scatter over your choice of topping.
2. Fold over the ends and roll up to seal.
3. Secure by wrapping with foil. Or Eat straight away.