

Mexican Burrito Wraps

Ingredients

500 g chicken breast cut into strips

400 g can baked beans

400 g can crushed tomatoes

Taco seasoning

Shredded lettuce

Sliced tomato

Grated cheese

Salsa or tomato sauce

Burrito tortillas

Instructions

1. Brown chicken strips and add baked beans and can tomatoes. Add taco sauce to taste.
2. Place 3 table spoon mixture in centre of tortilla. Add lettuce, tomato, cheese and sauce
3. Wrap and secure with a tie

(Makes ~ 6 burritos)

Note: kids love to put their own together (use a rubber band or ribbon to hold them together for little hands)

** Add spicy salsa before wrapping burrito to add a zing

Tip: Freeze individual serves of the mix for emergencies

Variation: You can use 400 g mince or chicken instead of the refried beans for an alternative