

Meals-in-a-Jar Made Easy

BEEF & BEAN BURRITOS

1/2 tsp. Ground Cumin
3/4 tsp. Salt
1/4 tsp. Pepper
1/2 tsp Garlic Powder
1 tsp. Chili Powder
1/4 c. FD Chopped Onions
1 c. Instant Refried Beans
1/2 c. Instant White Rice
1/2 c. FD Cheddar Cheese
3/4 c. FD Ground Beef
1/2 c. FD Sweet Corn

Combine contents of jar with 3 cups of water in medium saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes or until beef is softened. Let stand another 10 minutes to thicken up. Serve in tortillas with favorite toppings!

<http://mealsinajar.net>

Meals-in-a-Jar Made Easy

BEEF & BEAN BURRITOS

1/2 tsp. Ground Cumin
3/4 tsp. Salt
1/4 tsp. Pepper
1/2 tsp Garlic Powder
1 tsp. Chili Powder
1/4 c. FD Chopped Onions
1 c. Instant Refried Beans
1/2 c. Instant White Rice
1/2 c. FD Cheddar Cheese
3/4 c. FD Ground Beef
1/2 c. FD Sweet Corn

Combine contents of jar with 3 cups of water in medium saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes or until beef is softened. Let stand another 10 minutes to thicken up. Serve in tortillas with favorite toppings!

<http://mealsinajar.net>

Meals-in-a-Jar Made Easy

BEEF & BEAN BURRITOS

1/2 tsp. Ground Cumin
3/4 tsp. Salt
1/4 tsp. Pepper
1/2 tsp Garlic Powder
1 tsp. Chili Powder
1/4 c. FD Chopped Onions
1 c. Instant Refried Beans
1/2 c. Instant White Rice
1/2 c. FD Cheddar Cheese
3/4 c. FD Ground Beef
1/2 c. FD Sweet Corn

Combine contents of jar with 3 cups of water in medium saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes or until beef is softened. Let stand another 10 minutes to thicken up. Serve in tortillas with favorite toppings!

<http://mealsinajar.net>

Meals-in-a-Jar Made Easy

BEEF & BEAN BURRITOS

1/2 tsp. Ground Cumin
3/4 tsp. Salt
1/4 tsp. Pepper
1/2 tsp Garlic Powder
1 tsp. Chili Powder
1/4 c. FD Chopped Onions
1 c. Instant Refried Beans
1/2 c. Instant White Rice
1/2 c. FD Cheddar Cheese
3/4 c. FD Ground Beef
1/2 c. FD Sweet Corn

Combine contents of jar with 3 cups of water in medium saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes or until beef is softened. Let stand another 10 minutes to thicken up. Serve in tortillas with favorite toppings!

<http://mealsinajar.net>

Meals-in-a-Jar Made Easy

BEEF & BEAN BURRITOS

1/2 tsp. Ground Cumin
3/4 tsp. Salt
1/4 tsp. Pepper
1/2 tsp Garlic Powder
1 tsp. Chili Powder
1/4 c. FD Chopped Onions
1 c. Instant Refried Beans
1/2 c. Instant White Rice
1/2 c. FD Cheddar Cheese
3/4 c. FD Ground Beef
1/2 c. FD Sweet Corn

Combine contents of jar with 3 cups of water in medium saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes or until beef is softened. Let stand another 10 minutes to thicken up. Serve in tortillas with favorite toppings!

<http://mealsinajar.net>

Meals-in-a-Jar Made Easy

BEEF & BEAN BURRITOS

1/2 tsp. Ground Cumin
3/4 tsp. Salt
1/4 tsp. Pepper
1/2 tsp Garlic Powder
1 tsp. Chili Powder
1/4 c. FD Chopped Onions
1 c. Instant Refried Beans
1/2 c. Instant White Rice
1/2 c. FD Cheddar Cheese
3/4 c. FD Ground Beef
1/2 c. FD Sweet Corn

Combine contents of jar with 3 cups of water in medium saucepan. Bring to a boil. Reduce heat and simmer for 15 minutes or until beef is softened. Let stand another 10 minutes to thicken up. Serve in tortillas with favorite toppings!

<http://mealsinajar.net>