

# LESS-MEAT VEGGIE AND BEEF BURRITO BOWL

YIELD: 100 bowls (4 oz. vegetables & beef, ½ cup rice & 1 tortilla)

Chef Sam Icklan

It's no secret that I love burritos – so many options, so many ways to customize them, and always a crowd pleaser! For me, it's all about getting creative with the vegetables. This recipe is packed with vegetables and a generous amount of protein from the ground beef, and while this recipe isn't meatless, it does rely on less meat, something that's good for our bodies and the planet!

## INGREDIENTS

- ¼ cup vegetable oil
- 8 yellow onions, thinly sliced
- 8 red bell peppers, thinly sliced
- ½ cup chili powder
- ¼ cup ground cumin
- 2 TBSP oregano
- 2 tsp kosher salt
- 6 carrots, shredded
- 6 zucchini, shredded
- ½ cup fresh garlic, minced
- 12# baby spinach
- 10 ¼ # lean ground beef
- 6 cups salsa
- 6 ¼ # shredded cheddar cheese
- 100 10" whole wheat tortilla
- 50 cups cooked brown rice
- Thinly sliced scallions and chopped cilantro to garnish (optional)

## DIRECTIONS

1. Using the tilt skillet, heat vegetable oil over medium high heat. Add peppers & onions and cook until beginning to soften, about 4 minutes. Add chili powder, cumin, oregano and salt and stir well. Add carrots, zucchini and garlic and cook until garlic is fragrant and carrots are soft, about 5 more minutes. Mix in baby spinach and allow to cook until spinach is wilted but still bright green. Remove vegetable mixture from skillet and set aside.
2. Add ground beef to skillet and cook until brown and fully cooked. Drain fat from beef. Add salsa, mix well and cook for 5 minutes. Return vegetables to skillet, mix well and cook until ingredients reach 165°F.
3. Warm tortillas in the warmer or a low temp oven. To serve, place a tortilla in a bowl and add ½ cup of cooked brown rice. Top rice with 3 oz. of beef mixture & 1 oz. of shredded cheddar cheese. Garnish with scallions and cilantro.

## RECIPE NOTES - LESS-MEAT VEGGIE & BEEF BURRITO BOWL

Recipe credits as 2 oz. M/MA and 2 oz. grain equivalent

Nutritional information per serving\*: 409 calories; 4.2 g sat. fat; 746 mg sodium; 51.6 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*