

Baked Stuffed Burritos

With a delicious beef stuffing, these burritos need to be baked on coals or a barbecue grill. A perfect dinner recipe that's ready in almost no time.

Serves 4 | Prep. time 10 minutes | Cooking time 30 minutes



Ingredients

- 4 big flour tortillas
- 1 pound beef tenderloin
- Salt and pepper to taste
- 2 teaspoons Dijon mustard
- 3 tablespoons olive oil
- 1 (14-ounce) can white beans
- 7 ounces shredded cheddar cheese
- 1 teaspoon dried oregano
- 1 cup cooked rice

Directions

At home

1. Season the beef with salt and pepper and rub the Dijon mustard all over the meat.
2. Warm the olive oil in a nonstick frying pan and cook the beef tenderloin for about 7–8 minutes on each side.
3. Let cool completely and place in in airtight container. Refrigerate until ready to use.

At the campsite

1. Prepare a barbecue grill.
2. Fill each tortilla with some beans, cheddar cheese and rice.
3. Cut the tenderloin into small strips and add some to each of the tortillas.
4. Roll each tortilla into a burrito and wrap it tightly with aluminum foil.
5. Place the burritos on the barbecue grill and cook for 15–20 minutes.
6. Cut in half and serve.

Nutrition per serving

Calories 825, fat 39.1 g, carbs 63.7 g, sugar 1.6 g

Protein 53 g, sodium 640 mg