**Beef Burritos**

**Ingredients:**

**1lb ground beef**

**White Rice**

**2 tablespoons oil**

**6 (10 inch) flour tortillas**

**1 (1 ¼ oz) envelope taco seasoning**

**4 ounces cheddar cheese**

**½ cup sour cream**

**¾ C. water**

**Materials:**

**Electric Skillet**

**Wooden spoon or spatula**

**Plate**

**Paper towel**

**1 Tablespoon**

**½ and ¾ measuring cup**

**Small spoon**

**Directions:**

1. **Cook rice according to directions**
2. **Heat oil over medium heat in an electric skillet**
3. **Add ground beef to electric skillet and break it up using a spatula or wooden spoon, stir occasionally.**
4. **Add water and taco seasoning**
5. **Stir Rice into meat**
6. **Microwave tortillas on a plate cover with damp paper towel on high for 30 seconds**
7. **Place a mound of meat/rice mixture in the center of the tortilla.**
8. **Cover with a sprinkling of shredded cheese.**
9. **Add a spoonful of sour cream on top.**

**10. Fold the tortilla into a burrito.**

