

Texas Chili Burritos

My own recipe I created in the 1970s



CHILI:

3 pounds chuck roast, 1" cubes
3 cloves garlic, chopped
4 tablespoons chili powder
2 teaspoons ground cumin
4 tablespoons all purpose flour
1 tablespoon dried oregano, crushed in your palms
26 ounces low sodium beef broth
1 teaspoon salt
1/2 teaspoon black pepper
15 ounces canned pinto beans, drained (or more if desired)

BURRITOS:

12 large flour tortillas, 12" or larger
3 cups jack cheese, shredded (or a mixture of jack and cheddar) or more if needed

GARNISH:

1 cup sour cream
1 cup cilantro, chopped
1 lime, wedges (optional)

Per Serving (excluding unknown items): 581 Calories; 28g Fat (42.9% calories from fat); 30g Protein; 52g Carbohydrate; 5g Dietary Fiber; 74mg Cholesterol; 778mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 12

NOTES: True Texas chili doesn't contain beans, yet I adapted the recipe for chili to make burritos instead. I left in the Texas attribute just because it began as Texas chili.

1. Add meat, garlic, spices, flour, salt and pepper to a slow cooker. Stir so all the meat is covered with the spices. Then add beef broth. Cook on low heat for 12 hours, or on high for 8 hours, or until meat is falling-apart tender. During the last hour, add the beans. When cooked, remove all the meat from the slow cooker, and place on a large sheet pan or platter to cool. Cool the sauce too. If time permits, shred the meat while it's lukewarm (it's easier then, than when it's chilled). Refrigerate overnight if time permits.
2. Shred the meat if you haven't done so when the meat was cooling, heat the meat and the sauce together until it's heated through.
3. Preheat oven to 350°F.
4. One at a time, heat each flour tortilla in the microwave for 10-15 seconds until it's very warm and pliable. Place it on a large flat surface. Scoop about 1/2 cup or more of the meat/bean mixture into the center, add some shredded cheese and roll the edge closest to you over the meat, fold in the two sides, then snugly roll the burrito until it's a nice cylinder.
5. In a large baking dish pour a little bit of the sauce (not meat) into the dish and add the burritos, fitted like snug sardines. Spoon some of the sauce (without meat if possible) over the top and add more grated cheese on top.
6. Bake casserole for about 20-30 minutes until the cheese is melted and the burritos are hot throughout.
7. Serve a burrito onto a heated plate and garnish with sour cream, cilantro and a lime wedge, if desired.