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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Breakfast Burritos – Tortilla Recipe We are NOT doing this Semester, But you may if you want Ingredients:  |  |  |  |  | | --- | --- | --- | --- | | 1 ½ c | Flour | 1/2 c. | Warm Water | | 4 T. | Shortening | 1/2 tsp. | Salt | | 1/2 tsp. | Baking Powder |  |  |  Directions:  * In a mixing bowl, place flour, baking powder and salt. * Use a pastry blender to cut in the shortening until crumbly. * Add a little water at a time and stir with a fork until the dough sticks together. * Form the dough into 5 balls. * Lightly flour the clean counter and the rolling pin. * Roll into a circle big enough to cut out dough the size of a plastic shortening-can lid. * Heat griddle or frying pan to medium-high heat. Place dough in pan and cook on the dry pan until dough is lightly browned and “blistered.” Flip over and cook other side until lightly brown and “blistered.” * Cool completely and place in a plastic bag to store in refrigerator until ready to use. * Makes 5 tortillas. May store in refrigerator up to 5 days. | |  | |
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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Breakfast Burritos – Filling Ingredients We are NOT doing this Semester, But you may if you want Ingredients:  |  |  |  |  | | --- | --- | --- | --- | | 4 | Eggs | 5 slices | Bacon | | 1/4 c. | Milk |  | Salsa | | 1/2 c. | Shredded Cheese | 5 prepared | Tortillas |  Directions:  * Reheat bacon according to package directions. Let cool and crumble. * In a small bowl, lightly beat eggs and milk. Cook in greased frying pan like making scrambled eggs. * Heat prepared tortillas in microwave for 15 seconds each. * Place tortillas on plates. Sprinkle with bacon pieces, top with scrambled eggs, sprinkle with cheese. * Roll up “burrito” style. * May top burrito with salsa if desired. | |

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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Super Nachos – Quick and Easy…Students like. Ingredients:  |  |  |  |  | | --- | --- | --- | --- | | 1/4 lb | Ground Beef | 1/4 c. | Refried Beans | | 1/4 pkt. | Taco Seasoning | 8 oz. | Tortilla Chips | | 1/2 c. | Shredded Cheese |  |  |  Directions:  * Brown ground beef in skillet until no longer pink. * Mix taco seasoning with 1/4 c. water. Add to beef and simmer 5 minutes. * Arrange chips on a baking sheet. * Spoon meat mixture on top. Then top with refried beans. * Sprinkle cheese on top and place under the broiler; just until the cheese melts. * Remove from oven and may add other toppings as desired. * Additional toppings may include; lettuce, tomatoes, sliced olives, green chilies, salsa, guacamole, or sour cream | |  | |
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