

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Healthy Burrito Bake

Ingredients

1 pound lean ground beef
1 package taco seasoning
10-ounce can fat-free refried beans
1 cup reduced fat Bisquick

1/4 cup water
1 cup shredded 2% cheese
1 cup shredded, reduced fat
mozzarella cheese
Salt & pepper, to taste

Instructions

Brown ground beef and drain; add taco seasoning and let simmer. Mix Bisquick, water, and refried beans in a small bowl. Spread bean mixture into a greased 9x13 baking dish. Evenly distribute taco meat on top of the bean mixture and sprinkle with both types of cheeses. Bake for 30 minutes at 350 degrees F.

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