



Beef Vegetable Wrap

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
25	whole wheat tortillas (about 25cm in diameter)	25
5 lbs	ground beef, lean or extra lean, thawed	2.27 kg
1	head of lettuce	1
2	red peppers, finely diced	2
1	onion, chopped	1
1 tsp	salt	5 mL
1 tsp	pepper	5 mL
6 cups	cheddar, grated	1.5 L
1 cup	sour cream	250 mL

Note: Nutrition Information is on page 2.

Instructions

1. Cut flour tortillas into equal half-portions so each serving contains half.
2. Cook ground beef on stovetop for 10 minutes at high heat, ensuring that the meat reaches a final internal temperature of at least 71°C (160°F) and is not pink on the inside.
3. Prepare the wrap mix by adding sour cream to the ground beef, followed by the salt, pepper, onion, red pepper, lettuce, and cheddar. Mix lightly.
4. Divide the wrap mix into serving bowls and allow for the children to fill their own tortillas. Have children place seam side down on serving platters.
5. Serve immediately or else wraps will get soggy

Vegetarian Substitution suggestion: Bean Vegetable Wrap

You can substitute ground beef with 7 cans (365 mL each) of black beans for a vegetarian meal. Be sure to drain the fluid from each can and wash beans thoroughly before preparation.

Nutrition Information

Servings 107 g

Calories 200

Fat 10 g

Saturated 5 g

+ Trans 0 g

Sodium: 320 mg

Carbohydrates: 12 g

Fibre 1 g

Sugars 1 g

Protein 16 g

Calcium 100 mg

Iron 1 mg

Food Guide Servings

½ Vegetable & Fruit

1 Grain Product

½ Milk & Alternative

1 Meat & Alternative