



## **September 14, 2016**

### **Cook Now, Enjoy Later**

The old adage of “If you fail to plan, you plan to fail” definitely applies when it comes to the realm of cooking. Keeping some key items in your pantry and freezer can mean a delicious and healthy meal is only minutes away.

Our Freezer Ground Beef Base is a flavourful mixture that can be easily added to casseroles, soups, sauces, or on a taco salad or pasta for a quick meal.

It can also be used in our Beef and Bean Burritos – just remember to defrost it in the refrigerator the night before, then skip steps 6 and 7, reheat Freezer Ground Beef Base and prepare the burritos. Alternatively, you can make the burritos as indicated in the original recipe ahead of time and freeze. Simply defrost and reheat in the oven or microwave when ready to eat.

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### **FREEZER GROUND BEEF BASE**

#### **Ingredients:**

5 lb (2.5 kg) lean ground beef  
1 tbsp (15 mL) canola oil  
3 cups (750 mL) chopped onions  
1 1/2 cups (375 mL) chopped celery  
1/3 cup (75 mL) chopped fresh parsley  
1 tbsp (15 mL) Worcestershire sauce  
3 cloves garlic, finely chopped

#### **Method:**

1. In a large non-stick frypan over medium heat, cook beef in batches, stirring to break up beef, until browned and cooked through.
2. Using a slotted spoon, transfer beef to a large bowl; set aside. Drain off excess fat from frypan.



3. Heat oil in same frypan over medium heat. Add onions and celery; sauté until softened, about 5 minutes.
4. Add parsley, Worcestershire sauce and garlic; cook, stirring, for 1 minute. Remove from heat.
5. Add onion mixture to beef; stir to combine.
6. Cool beef mixture quickly by placing bowl in a sink of ice water and stirring beef mixture frequently to allow steam to escape. Do not allow ice water to enter bowl.
7. Spoon cooled beef mixture into freezer containers and freeze for up to 2 months.
8. Thaw beef mixture in refrigerator and use once thawed. *Makes about 15 cups (3.75 L).*

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## **BEEF AND BEAN BURRITOS**

### **Ingredients:**

8 flour tortillas (10 inch/25 cm)  
2 cups (500 mL) shredded cheddar cheese  
1 cup (250 mL) water  
1/2 cup (125 mL) long grain white rice  
1/4 tsp (1 mL) salt  
1 cup (250 mL) canned black beans, rinsed and drained  
1 tbsp (15 mL) canola oil  
1 lb (0.5 kg) lean ground beef  
1 1/2 tsp (7 mL) oregano, crumbled  
1 tsp (5 mL) chili powder  
1 tsp (5 mL) ground cumin  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) freshly ground pepper  
1/8 tsp (0.5 mL) garlic powder  
1/8 tsp (0.5 mL) onion powder  
Salsa; Sour cream  
Toppings: chopped romaine lettuce, diced tomatoes, diced onion, chopped fresh cilantro\*

### **Method:**

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1. Place tortillas on parchment paper-lined rimmed baking sheets. Sprinkle 1/4 cup (50 mL) cheese over each tortilla; set aside.
2. Combine water, rice and 1/4 tsp (1 mL) salt in a saucepan. Bring to a boil.
3. Reduce heat and simmer, covered, for 15 minutes or until liquid is absorbed and rice is tender. Remove from heat.
4. Fluff rice with a fork. Stir in beans. Cover and set aside.
5. Preheat oven to 400°F (200°C).
6. Heat oil in a medium frypan over medium heat. Add beef and cook, stirring to break up beef, until browned and cooked through. Drain off excess fat.
7. Add oregano, chili powder, cumin, 1/2 tsp (2 mL) salt, pepper, garlic powder and onion powder to beef; cook, stirring, for 1 minute. Remove from heat; cover and set aside.
8. Bake tortillas just until cheese is melted.
9. On each tortilla, spread about 1/4 cup (50 mL) rice mixture over melted cheese. Place about 1/4 cup (50 mL) beef mixture over rice mixture. Top with salsa, sour cream and toppings.
10. Fold bottom edge of tortillas 1 inch (2.5 cm) over filling. Fold sides of tortillas to centres, overlapping edges. Roll up to enclose filling. Serves 8.