



A Nutrition Resource

BEEF ROCK & ROLL WRAPS

Yield: 6 Servings | Serving Size: 1/2 wrap

Cost/Serving: \$1.60

Ingredients:

- 1 lb. ground beef
- 1 1/2 cups water
- 1/2 cup uncooked quinoa
- 1 Tbsp dry ranch dressing mix
- 1/2 lb. packaged cabbage coleslaw or broccoli slaw
- 1 Tbsp dry ranch dressing mix
- 3 tortillas large whole wheat or spinach (10-13 inch in diameter)
- Optional: sliced or chopped red apples, sliced or chopped red bell peppers, sliced or chopped cucumbers, sliced toasted almonds.

Directions:

1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature is 165°F. Remove drippings.
2. Stir in water, quinoa, dry ranch mix, and pepper. Bring to a boil; reduce heat. Cook, covered, until quinoa is tender, stirring occasionally. Not all liquid will be absorbed.
3. Add slaw; increase heat to medium. Cook, uncovered, until slaw is crisp to tender, stirring occasionally.
4. Divide beef mixture onto tortillas. Add toppings, as desired. Fold over sides of tortilla and roll-up to enclose filling. Cut wrap diagonally in half for two servings.

Nutrition Facts

6 servings per container
Serving size 1/2 wrap (0.0g)

Amount Per Serving
Calories 430

	% Daily Value*
Total Fat 20g	26%
Saturated Fat 7g	35%
Trans Fat 1g	
Cholesterol 55mg	18%
Sodium 550mg	24%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0.1mcg	0%
Calcium 140mg	10%
Iron 3.7mg	20%
Potassium 350mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from National Cattlemen's Beef Association and MT Harvest of the Month

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