



Dinner recipe.
Beef jerky burrito

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Preparation.

1. Put the beef jerky, beans and taco seasoning in a ziplock.
2. Stick the cheddar and tomato paste both in their own bag.
3. Put the lot in a big ziplock with the tortilla.

Instructions.

4. Bring 1/2 cup of water to a boil with the beef jerky ziplock.
 5. Let it rest for five minutes, then add the tomato paste and cheddar.
 6. Roll the mixture in the tortilla and you're done.
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Ingredients.

- Tortilla, 2.18oz(62gr) 186kcal
- Dehydrated refried beans, 3.5oz(100gr) 486kcal
- Aged cheddar cheese, 1.5oz(43gr) 182kcal
- Beef jerky, 1oz(28gr) 114kcal
- 2tsp double potent tomato paste 0.35oz(10gr) 10kcal
- Taco seasoning, 0.25oz(7gr) 20kcal

8.78oz(249gr), 998kcal

kcal/oz=113.5