



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Asian-Style Beef Burritos

Folded, savory, and totally irresistible, these hand-held treats are perfect for any time you crave bold flavors. A little crispy, a little spicy, and all packed with deliciousness in every bite.

Servings: 6



NUTRITION NOTES

- **Lean ground beef** delivers high-quality protein and essential nutrients like iron and zinc, supporting muscle growth, immune function, and steady energy. Choosing lean beef keeps saturated fat moderate while providing rich, savory flavor.
- **Eggs and egg whites** contribute additional protein and essential amino acids to help build and repair muscle, support satiety, and provide vitamins like B12 and selenium.
- **Onions, garlic, green onions, and chile pepper** add bold flavor along with antioxidants, vitamins, and fiber that support immune function, digestion, and overall wellness.
- **Whole-wheat tortillas** provide complex carbohydrates and fiber for lasting energy, while canola oil offers heart-healthy unsaturated fats and vitamin E to help protect cells.
- **Ginger and cilantro** add bright, aromatic flavors along with antioxidants that support overall health and digestive balance.

Asian-Style Beef Burritos

Printing
Courtesy of:



INGREDIENTS

- 3 tablespoons canola oil, divided
- 1 medium yellow onion, halved and sliced
- 4 cloves garlic, minced
- 1 tablespoon grated peeled ginger root
- 1 pound lean ground beef*
- 1 tablespoon curry powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 large eggs, slightly beaten
- 2 large egg whites, slightly beaten
- 2 medium green onions, chopped
- 1 small chile pepper, seeded and sliced**
- 3 tablespoons chopped cilantro
- 6 (10-inch) burrito-style white or whole-wheat tortillas

Nutrition Profile: High-Protein | Moderate-Fiber |
Balanced-Fat | Iron-Rich | Flavor-Packed

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Calories: 450

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|--------------------------|----------------------|---------------------------|----------------|
| • Calories From Fat: 160 | • Trans Fat: 0g | • Total Carbohydrate: 44g | • Protein: 26g |
| • Total Fat: 18g | • Cholesterol: 120mg | • Dietary Fiber: 3g | |
| • Saturated Fat: 4g | • Sodium: 570mg | • Sugars: 1g | |

INSTRUCTIONS

*Mince garlic, peel ginger root & grate, crack eggs & beat, separate egg whites from eggs (can buy egg whites in carton), chop green onions, de-seed & slice chile pepper, and chop cilantro. Measure other ingredients & set aside.

Helpful tip: Use 1.5 tsp ground ginger instead of fresh.

1. Heat 1 tablespoon oil in a 12-inch nonstick skillet over medium heat. Add the onion, garlic and ginger root; cook and stir, 4 to 5 minutes, until onion is soft and translucent.
2. Add beef, curry powder, salt and black pepper. Cook and stir, about 5 minutes, until the meat is browned and cooked through. Using a hard spatula, crush ground beef into very small granular sizes as it browns. Remove from heat. Cool slightly.
3. Add eggs, egg whites, green onions, chile pepper and cilantro; blend well.
4. To make each stuffed pancake, place one tortilla on a flat surface. Place about ½ cup of the beef mixture in the center of the tortilla, spreading the mixture into a 4½-by-4½-inch square. Fold the tortilla into a package by folding the top, bottom and sides to enclose the beef filling.
5. Heat the remaining 2 tablespoons oil over medium heat in the nonstick skillet. Carefully place each pancake in the skillet; cook for 5 minutes on each side until the filling is cooked inside and the outside is golden brown. You may need to cook the pancakes in batches, depending on the size of the skillet. (Or, if you prefer, bake the murtabak in the oven or on a stovetop grill or griddle).

** Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: www.eatright.org*