



Bean Burrito

Yield 8 - 10 burritos

1 Batch home made tacos
1 Can Refried Beans
Jar Sliced Jalapenos

Warm the refried beans in the microwave. Spread about 2 Tablespoons of beans in the center of the tortillia. Add a few sliced jalapenos. Fold in sides to make a square. I usually fold up the bottom, then fold in the two sides and finish by folding down the top. If you have kids that eat Dairy you can sprinkle with a little cheese before folding. If making for school lunch, I microwave another 15 minutes and wrap in foil then put in a thermal luch box. If you want for lunch some place with a refrigerator. Refrigerate and just reheat for 30 seconds in the microwave.





Gluten Free Flour Tortilla's

Dorothy liked this recipe, they bend and taste good

(I took half a dozen recipes I found on the Internet and our pre-gluten free favorite from the No-salt, Lowest-sodium international cookbook : Flour Tortilla recipe and mixed them all together to come up with a flour tortilla we love. To make this properly you really want to buy a heavy tortilla press!)

8" tortilla's - Makes 10 to 16 varies by how thin you roll and how big they are

1 cups white rice flour
 1/2 cup brown rice flour
 1/2 cup Tapioca flour
 1 1/2 teaspoon xanthan gum
 1/2 tsp onion powder
 2 tsp brown sugar

1/2 T white wine vinegar
 1/4 cup extra virgin olive oil
 1 tsp lime juice
 3/4 cups water
 1 tsp baking powder



Combine dry ingredients in first column. Add olive oil and vinegar, stir with wooden spoon. Add lime juice Mix in water. When dough cleans side of bowl, stop adding water. Add baking powder and knead about 8 turns to work in baking powder. Form dough into ball and cover with plastic or a cloth.

Let sit 30 min to 2 hours at room temperature

Heat flat griddle to 375 to 400 degrees.

Form into a small ball your hand see photo. Dip in flour an place with a little flour on plastic bag cut along its sides so it can lay flat in a tortilla press. Take out of press and roll with rolling pin , be sure to flour so it won't stick. Cook on 1st side for 1 to 2 minutes till has puffy spots, turn and cook on opposite side 1 or 2 minutes. Store in zip lock bags with wax paper between. In refrigerator over night, or freeze for longer.



Cooking on griddle



Rolled out on floured silcon cutting board



Tortilla in tortilla press