



## Beef And Rice Roll Up Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>26</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 300 g beef, sirloin, cut into thin strips
- 1/4 tsp salt
- 2 Tbsp oil
- 1/4 cup garlic, crushed
- 1/4 cup onion, sliced
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 1 tsp chili powder
- 3/4 cup red kidney beans, cooked and drained
- 3 1/2 cups rice, cooked
- - salt, to taste
- - pepper, to taste
- 6 pcs flour tortilla (6
- 1 cup cheese, coarsely grated

### Preparation:

1. Season beef with salt.
2. Sauté garlic, onion, and beef in oil over high heat for 5 minutes. Add DEL MONTE Italian Style Spaghetti Sauce, chili powder, and kidney beans. Cook for 5 minutes.
3. Add rice, salt, and pepper to taste. Cook while stirring for 2 minutes or until well-blended.
4. Heat flour tortillas in an ungreased pan for 2 minutes. Spoon about 1/3 cup of beef mixture in each tortilla. Top with cheese. Roll and serve.

### Chef's Tip

If you do not have time to soak and cook dried beans, you may use canned beans.

### Lusog Notes

This dish is high in calcium that helps in the formation and maintenance of strong bones and teeth. It is also a source of iron which is needed for normal metabolism and helps in maintaining healthy red blood cells.

### Cooking Skills Needed

- Sautéing

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon