

Meat and Bean Burritos

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- 3lb 7 bone in Chuck roast
- 1 can tomato sauce
- ½ cup chopped onion
- 1 packet Taco seasoning
- 1 can of refried beans
- Tortillas
- Tomatoes
- Salsa
- Lettuce
- Cheddar Cheese
- Sour Cream ...etc...

Place Chuck roast in crock pot. Pour Tomato sauce and onions over roast.

Cover and cook on high for 6 hours or on low for 11.

Open Crock pot, Meat should fall right off of the bones. Remove bones from crock pot.

Remove half of the meat for another dish.

Mix in a single packet of taco seasoning to remaining meat. Cook on low for 15min. Stir in can of Refried beans. Leave mixture on low until ready to serve.

If you would like to use all of the meat to make the burrito filling use 2 packets of taco seasoning and 2 can of Refried beans.

Serve on Tortillas, and top with Cheese, Salsa, lettuce, whatever your heart desires.