



Cheeseburger Roll-ups

CHEESEBURGER ROLL-UPS

Ingredients

- 1 tbsp canola oil, divided
- 1 cup diced mushrooms
- 1 cup diced onions
- ¼ tsp EACH salt and pepper
- 1 cup **cooked & minced roast beef** or **cooked Extra Lean Ground Beef**
- ¼ cup diced dill pickles
- ½ cup Cheddar cheese
- ½ cup ricotta cheese
- 4 x 8" tortillas
- ¼ cup ketchup
- 1 tbsp prepared mustard

Cooking Directions

- **Heat** 2 tsp canola oil in a large saucepan over medium-high heat. Add mushrooms, onions, salt and pepper. Cook and stir until brown and excess liquid is gone, around 6 minutes. In a medium-sized bowl mix together the cooked beef, mushroom mixture, dill pickles, Cheddar cheese and ricotta cheese.
- **Lay out** two of the tortillas so that they overlap by half. Spread half of the beef mixture over the two tortillas and roll them up to make one tortilla log. Slice log into 2-inch-thick rounds or "roll ups". Repeat rolling and slicing with the remaining tortillas and beef mixture.
- **Heat** 2 tsp canola oil in a large skillet over medium heat. Fry roll ups on each side for 30 seconds, carefully flipping them over. Cook in batches if needed. In a small bowl, combine ketchup and mustard to use as a dipping sauce for the Roll-ups.



Shopping List

Canola oil
 approx 1½ cups button mushrooms
 1 small cooking onion
 1 cup (250 g) leftover roast beef, minced
 or cooked Extra Lean Ground Beef
 2 dill pickles
 ½ cup Cheddar cheese
 ½ cup Ricotta cheese
 4 x 8" tortillas
 Ketchup
 Mustard

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

 **YouTube**
 /LoveCDNbeef

