

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Cheeseburger Wraps

From www.sixsistersstuff.com

- 1 lb ground beef (Grass fed is best)
- 2 Tbsp ketchup
- 1 Tbsp mustard
- 1 tsp dried minced onion
- 1 Tbsp Worcestershire sauce
- Salt and pepper to taste
- 5 flour tortillas (all-natural, or Paleo version)
- 1 ½ cups shredded cheese
- Additional hamburger toppings you like (tomatoes, lettuce, pickles, ketchup, mustard, etc)

1. In a large skillet, brown hamburger until no longer pink. Add ketchup, mustard, onion, Worcestershire sauce, and salt and pepper and cook for about 2 minutes, until all combined.
2. Take a tortilla and line the middle with a small amount of cheese. Add some cooked hamburger beef and then top with your favorite toppings. Roll the tortilla up and tuck in the ends. You can either eat as is or throw on a grill (or an indoor grill – like a George Foreman grill) just until you see grill marks, or brown it in a skillet on both sides.