



# **Burrito Cookbook : 50 Most Delicious of Burrito Recipes (Burrito Cookbook, Burrito Cookbooks, Burrito Recipe, Burrito Recipes, Burrito Maker, Burrito Book, Burrito Books)**

*Denny Levin*

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## **Burrito Cookbook**

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Like the Western sandwich, the burrito is a much loved staple of Hispanic cooking that originated as a portable food option. At its most basic, a burrito is a warm soft flour or corn tortilla filled with one or more ingredients and rolled into a secure pocket like package. The term “burrito” has its origin in the word for donkey or mule, and literally translates into “little donkey” in Spanish. Some believe the term was used to describe the food packed by those who traveled on the backs of donkeys, or perhaps because the rolled burrito itself appears similar to the rolled sleeping bags and cargo packs donkeys carried on their sides. Whatever its origin, the burrito has become extremely popular in American cuisine in recent years, due partly to the explosion of several nationwide fast-casual style Mexican inspired restaurants. Because it can be filled with any combination of tortilla, beans, rice, cheese, meat, and vegetables, the burrito is an exceptionally flexible meal option. Breakfast burritos are a popular option for breakfast on the go, because meat, eggs, cheese, and even breakfast potatoes, can be eaten during the morning commute using one hand, with little to no mess.

Although the traditional burrito contains a combination of meats, beans, rice, cheeses and vegetables, home and professional chefs have begun putting numerous spins on the burrito to transform it completely. With recipes like the sweet Fruity Breakfast Burrito—which incorporates cinnamon sugar, yogurt and fruit and is eaten chilled – there is nearly no limit to what types of food the burrito can accommodate. In fact, some burritos even ditch the tortilla all together – a great option for those with dietary restrictions or on low carbohydrate eating plans – and place the typical burrito ingredients in a bowl. Burrito bowls typically contain a bed of rice, topped with your desired burrito filling. This can be a lower calorie option without sacrificing the bold and zesty flavors of the burrito many know and love.

If you want to keep the tortilla, but would like a unique twist on the burrito, you will enjoy the Smothered or Wet style of burrito. These dishes are prepared similarly to a traditional burrito – stuffed with meat, cheese, rice, and beans and folded tightly – but are then covered with red chili sauce, like an enchilada, topped with shredded cheese, and served hot. These burritos are definitely a sit down meal rather than a portable variety, but they can put a fancier spin on the humble burrito. Similarly, burrito casseroles often contain the same ingredients as the burrito, but are baked in a casserole style dish, often with torn or shredded tortillas mixed in. Burrito casseroles can go well with a full Hispanic inspired dinner Ingredient, including taco salad or fresh crunchy tortillas and homemade salsa.

Next time you are craving something filling and delicious, skip the take out or fast-casual burrito, and use our recipes to prepare a home cooked meal you and your family will enjoy.

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