

**SERVES: 6** 

PREP TIME: 15-20 MIN

**COOK TIME: 10 MIN** 

**SKILL LEVEL:** 



# **BBQ CHEESEBURGER WRAP**

#### **INGREDIENTS:**

1 pound ground turkey or ground beef 1/2 teaspoon salt pepper to taste 1/2 teaspoon garlic powder

1/2 teaspoon onion powder 3 tablespoons BBQ sauce

1 tablespoon Worcestershire sauce

6 (10 inch) tortillas cheddar cheese, shredded

## **Topping options:**

cooked bacon

tomato

lettuce

avocado

pickles-see recipe on reverse side

#### **ITEMS TO GATHER:**

apron
large skillet, nonstick
large spoon
wooden spoon or
flipping spatula
measuring spoons
chef's knife

meat thermometer

#### **Condiment options:**

ketchup mustard ranch





# **GET COOKIN'!**

#### **INSTRUCTIONS:**

Place all your ingredients and cooking tools on the counter near your cooking area.

Put the ground meat into a large skillet and place it on the stovetop. Turn the heat to medium low.

Using a wooden spoon or flipping spatula, break up the ground meat and continue cooking until it registers 160°F, stirring as it browns.

Remove the skillet from heat and move the cooked meat to one side of the skillet. Tip the skillet in the opposite direction and, using a large spoon, scoop out the excess fat into a heat safe container.

Return the fully cooked and drained meat mixture back to the large skillet on medium heat. Add salt and pepper, garlic powder, onion powder, BBQ sauce and Worcestershire sauce—stir to combine.

Cook the ground meat mixture on medium for 3–4 minutes. Remove the skillet from the heat.

Place tortillas on a clean counter. Put an equal amount of cheese, the ground meat mixture and preferred toppings and condiments down the center of each tortilla, leaving a two inch border around the edge of each tortilla.

Fold up the bottom of the tortilla over the filling. Fold in the sides of the tortilla over the filling and then tightly roll into a log.

Cut the wrap in half and repeat with remaining tortillas.

#### **ENJOY!**

## REFRIGERATOR DILLY ROUNDS

3½ cups water

1½ cups white vinegar

1 tablespoon sea salt

4 cups cucumbers, sliced into 1/4 inch thick pieces

3 cloves garlic

4 sprigs fresh dill



Add sliced cucumbers, garlic cloves and sprigs of fresh dill to a quart size jar and pour the vinegar mixture over the cucumbers. For best results, refrigerate for at least three days.

