

Mexican Beef Pockets



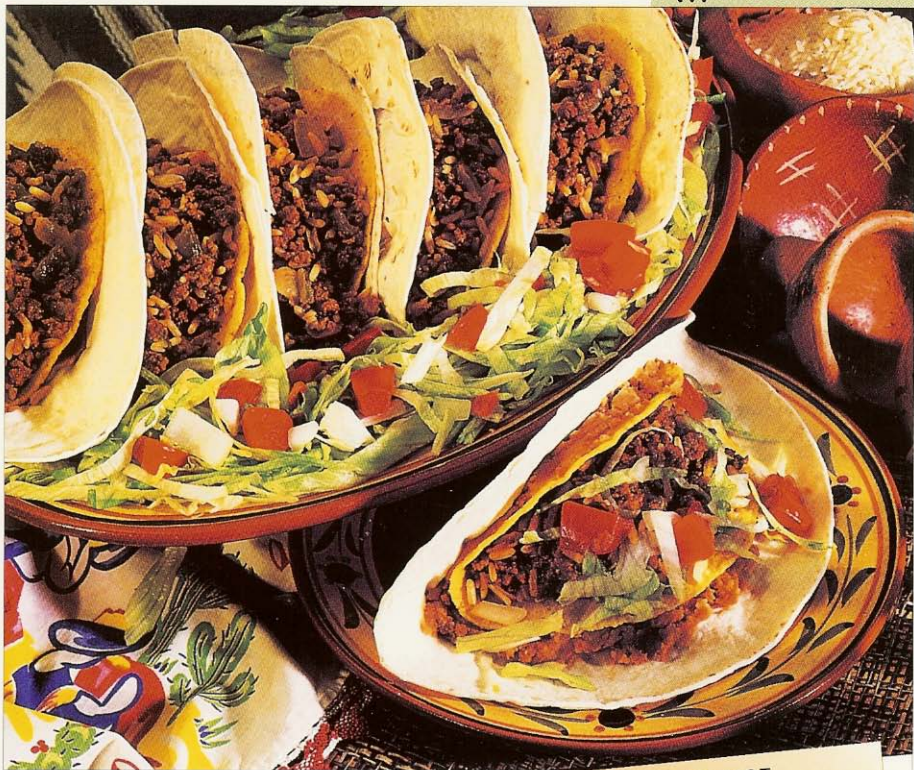
PREPARATION TIME
15 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
guacamole



Make your own refried beans to reduce your food bill. Fry 15 ounces of undrained canned pinto beans in 3 tablespoons of hot bacon drippings or oil. Mash the beans with a wooden spoon.

SHOPPING LIST

- ground beef
- chiles
- tortillas
- refried beans
- taco shells
- Monterey Jack
- instant rice
- vegetable juice cocktail

ON HAND

- onion
- cumin
- salt

INGREDIENTS

- 1 pound ground beef
- 1 medium onion, chopped
- 1 cup mild or hot vegetable juice cocktail
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 (4-ounce) can chopped mild green chiles
- 1/2 cup instant rice
- 1 (15-ounce) can refried beans
- 8 (9-inch) flour tortillas
- 8 crisp taco shells
- 3/4 cup shredded mild or jalapeño Monterey Jack cheese

SERVES 8

COOKIN'
Express

• You can fold the soft tortillas more easily if you warm them in the microwave. Follow the package directions.

Make Ahead

You can prepare the beef mixture through step 2 up to 4 hours ahead. Refrigerate. Reheat beef mixture before assembling the pockets.

♦ VARIATION

For a spicier Mexican flavor, add 2 teaspoons chili powder to the beef mixture after draining in step 1.

1 Heat a large nonstick skillet over medium-high heat; add beef and onion. Cook until beef is browned and crumbly and onion is tender, about 10 minutes; drain off pan drippings.



2 Add vegetable juice cocktail, cumin, salt and chiles to skillet; reduce heat to medium. Simmer for 10 minutes. Stir in rice; cover skillet and remove from heat. Let stand for 5 minutes.

3 Meanwhile, spoon refried beans into a microwave-safe dish; cover with plastic wrap. Microwave on MEDIUM until heated through, about 3 minutes. Spread beans over each tortilla.



4 Stir beef and rice mixture; spoon into taco shells. Place 1 taco on each tortilla. Fold tortillas around tacos. Sprinkle filling with Monterey Jack cheese.