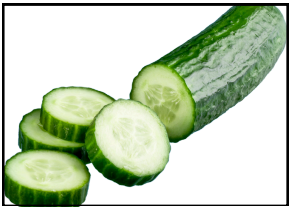
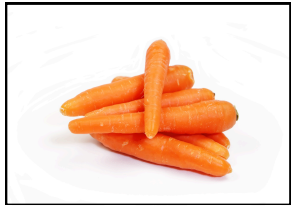


## Quick & Easy 30min Delicious Beef Wraps

Serves a family of 6



### Ingredients

2 kg **minced beef**  
 2 cloves **garlic**, minced  
 1 medium-sized **onion**, diced  
 1/2 cup **carrots**, shredded  
 1/4 cup **bell pepper**, diced  
 1 whole **cucumber**, sliced  
 1/2 iceberg **lettuce**, chopped  
 1/3 cup Passata **tomato sauce**  
 3 cups grated **cheese**  
**6 wraps**  
 2 tbsp brown sugar  
 1 tsp Italian seasoning  
 pepper to taste

### Method

#### **PART 1**

1. Brown minced beef with onion, garlic, carrots, and bell pepper in large skillet pan over medium heat for 8 - 10 minutes, breaking beef up into crumbles using a spatula.
2. Add water, tomato sauce, Italian seasoning, and pepper, and mix well.
3. Bring it to boil until cooked. When it boils, reduce heat and let it simmer for another 5 minutes or until mixture has slightly thickened. Set aside.

#### **PART 2: Assemble the delicious beef wraps**

1. Spoon filling evenly in a row across the centre of each tortilla wrap, leaving 1-1/2 inch border on the left and right sides.
2. Add chopped lettuce, cucumber, and grated cheese as toppings.
3. Fold the left and right sides of the tortilla over the filling. Then fold the bottom edge up over filling and roll up.

