



Beef and Cheese Crunch Wrap

Yield: 8-10 crunch wraps Time: 30 minutes

INGREDIENTS

- 1 lb ground beef
- 1 packet taco seasoning
- 1 15-ounce can black beans drained and rinsed
- 2 cups Pepperjack cheese, shredded or Jack or Cheddar, more if desired!
- 2 avocados medium-large, or you can sub store-bought guac
- 8 burrito-size tortillas
- oil or cooking spray

DIRECTIONS

1. Place a sheet pan in the oven and preheat oven to 400°F.
2. Preheat large skillet to medium heat. Brown ground beef and drain fat if necessary. Add taco seasoning and stir to combine. If you're using store-bought taco seasoning sometimes it requires a little water in the pan as well, just make it according to the packet instructions.
3. Add black beans and stir to combine.
4. Lay out 8 tortillas on large work surface. Place a small handful of cheese in the center of each tortilla, spreading it out in about a 3-inch circle in the center.
5. *You can make these as cheesy as you like! At minimum, use about ¼ cup shredded cheese on each crunch wrap. You'll use half of that amount on the bottom layer of the filling, and place the other half on top.
6. Divide the beef and bean mixture between the tortillas, spooning it on top of the cheese. Slice or dice the avocado and place on top of the beef mixture.
7. Top with another little handful of cheese.
8. Wrap each crunch wrap and place them seam-side down to keep them closed.
9. Drizzle oil on each one and use pastry brush to coat both sides of the crunch wrap.
10. Remove sheet pan from oven and place crunch wraps seam-side down on pan. Bake for 10 minutes and then flip wraps over and cook for another 10 minutes or until toasty and golden on the outside.
11. If desired, cut in half and add toppings before eating (shredded lettuce, onions, fresh tomatoes, etc.) or dip in Lime-Cilantro Ranch, or sour cream.

Wasatch County Senior Cooking Class, May 2026

Tricia Mathis, Professional Practice Extension Assistant Professor

55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234



Lime-Cilantro Ranch Dressing

Yield: 8 servings Time: 10 minutes

INGREDIENTS

- 1- ounce package ranch dressing mix ignore directions on package
- 1 cup mayonnaise
- ½ cup buttermilk plus more if necessary to thin out the dressing
- 1-2 limes enough for 2 tablespoons of fresh lime juice
- 2 cloves garlic roughly chopped
- ¼ cup green salsa
- ½ cup chopped cilantro

DIRECTIONS

1. Place buttermilk, mayonnaise, 2 tablespoons of lime juice, and ranch mix in a blender. Add the garlic and green salsa and blend until smooth.
2. Add the cilantro and pulse until the cilantro is well combined.
3. Chill for several hours before serving (if possible).

Wasatch County Senior Cooking Class, May 2026

Tricia Mathis, Professional Practice Extension Assistant Professor

55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234