



# Cheeseburger Roll Ups



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# Cheeseburger Roll Ups



20 minutes



5 minutes



24 roll ups

1 tbsp (15 mL) canola oil, divided  
1 cup (250 mL) diced mushrooms  
1 cup (250 mL) diced onions  
1/4 tsp (1 mL) each salt and pepper  
1 cup (250 g) cooked & minced roast  
beef or cooked extra lean ground beef  
1/4 cup (60 mL) diced dill pickles

1/2 cup (125 mL) shredded cheddar  
cheese  
1/2 cup (125 mL) ricotta cheese  
4- 8" whole-wheat tortillas  
1/4 cup (60 mL) ketchup  
1 tbsp (15 mL) prepared mustard

## Let's Make Lunch!

Cheeseburger Roll Ups  
Ontario apple slices  
Sliced cucumber with dip  
Yogurt cup

1. In a large saucepan heat 2 tsp (10 mL) canola oil over medium-high heat. Add mushrooms, onions, salt and pepper. Cook and stir until brown and excess liquid is gone, around 6 minutes. In a medium-sized bowl mix together the cooked beef, mushroom mixture, dill pickles, cheddar cheese and ricotta cheese.

2. Lay out two of the tortillas so that they overlap by half. Spread half of the beef mixture over the two tortillas and roll them up to make one tortilla log. Slice log into 2-inch-thick rounds or "roll ups". Repeat rolling and slicing with the remaining tortillas and beef mixture.

3. In a large skillet heat 1 tsp (5 mL) canola oil over medium heat. Fry roll ups on each side for 30 seconds, carefully flipping them over. Cook in batches if needed. In a small bowl, mix together ketchup and mustard to dip the rounds in.



**Nutrition Facts per roll up:** 67 calories; 4 g protein; 3 g fat; 6 g carbohydrate (1 g fibre; 1 g sugars; 1 g added sugars); 151 mg sodium