



Taco Roll ups

1 1/2 lbs of hamburger	1/4 teaspoon onion powder	1 1/2 teaspoon ground cumin
1 Cup Water	1/4 teaspoon crushed red pepper	1 teaspoon salt
1 Tablespoon Chili powder	1/3 teaspoon oregano	1 teaspoon black pepper
1/4 teaspoon garlic powder	1/2 teaspoon paprika	

Before you start make 2 batches of Flour tortilla dough below. Then brown hamburger and drain. Add water and spices bring to a boil and simmer for 10 minutes or until the tortilla's are ready to start.

I put the tortillia on the griddle as soon as it is rolled out by the time you have all 4 rolled out the first one is usually ready to flip. Once the first one you flipped is ready place on a cookie sheet and put a scant 2 Tablespoons of filling towards the edge and roll up tightly. Place against the edge of cookie sheet seam down. after they cool you can move them if you need to without them coming unrolled. After you fill the first four make the next four tortillas. When I made this it made about 24 taco roll ups so I had a half a batch of dough to make as tortillas. Freeze the Taco roll ups for an hour or so, the same for the extra tortillas then place in freezer bags. You can heat a single Taco roll up in the microwave for 30 seconds on High.

<http://www.lincolntent.com/GFCF-Beef.html>

Gluten Free Flour Tortilla's

Dorothy liked this recipe, they bend and taste good

(I took half a dozen recipes I found on the Internet and our pre-gluten free favorite from the No-salt, Lowest-sodium international cookbook : Flour Tortilla recipe and mixed them all together to come up with a flour tortilla we love. To make this properly you really want to buy a heavy tortilla press!)

8" tortilla's - Makes 10 to 16 varies by how thin you roll and how big they are

1 1/2 cups white rice flour	1/2 T white wine vinegar
1/2 cup Tapioca flour	1/4 cup extra virgin olive oil
1 1/2 teaspoon xanthan gum	1 tsp lime juice
1/2 tsp onion powder	3/4 cups water
2 tsp brown sugar	1 tsp baking powder



Combine dry ingredients in first column. Add olive oil and vinegar, stir with wooden spoon. Add lime juice Mix in water. When dough cleans side of bowl, stop adding water. Add baking powder and knead about 8 turns to work in baking powder. Form dough into ball and cover with plastic or a cloth.

Let sit 30 min to 2 hours at room temperature

Heat flat griddle to 375 to 400 degrees.

Form into a small ball your hand see photo.

Dip in flour and place with a little flour on plastic bag cut along its sides so it can lay flat in a tortilla press. Take out of press and roll with rolling pin, be sure to flour so it won't stick. Cook on 1st side for 1 to 2 minutes till has puffy spots, turn and cook on opposite side 1 or 2 minutes. Store in zip lock bags with wax paper between. In refrigerator over night, or freeze for longer.



Cooking on griddle



Rolled out on floured silicon cutting board



Tortilla in tortilla press

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