

Savory Beef & Cheese Roll-Ups

Total Recipe Time: 20 minutes

Chilling Time: 30 minutes

Makes 4 servings

Ingredients

- 1 pound deli Roast beef, thinly sliced
- 2 packages (6 ounces each) garden vegetable flavored soft spreadable cheese
- 4 large (10 inches) flour tortillas
- 1 cup shredded carrots
- 1 cup shredded Monterey Jack cheese (optional)
- 8 leaves green leaf lettuce

Instructions

1. Spread cheese evenly over one side of each tortilla; top each with $\frac{1}{4}$ cup shredded carrots and $\frac{1}{4}$ cup Jack cheese. Layer lettuce and deli Roast beef over carrots, leaving $\frac{1}{2}$ -inch border around edge. Roll up tightly; wrap in plastic wrap. Refrigerate 30 minutes before serving.
2. To serve, cut each roll diagonally in half.



Cook's Tip

Roll-ups may be prepared ahead of time; wrap and refrigerate up to 8 hours before serving.

Nutrition information per serving:

578 calories; 45 g protein; 43 g carbohydrate; 25 g fat; 5.7 mg iron; 844 mg sodium; 155 mg cholesterol.

Learn more at TxBeef.org



Savory Beef & Cheese Roll-Ups

Total Recipe Time: 20 minutes

Chilling Time: 30 minutes

Makes 4 servings

Ingredients

- 1 pound deli Roast beef, thinly sliced
- 2 packages (6 ounces each) garden vegetable flavored soft spreadable cheese
- 4 large (10 inches) flour tortillas
- 1 cup shredded carrots
- 1 cup shredded Monterey Jack cheese (optional)
- 8 leaves green leaf lettuce

Instructions

1. Spread cheese evenly over one side of each tortilla; top each with $\frac{1}{4}$ cup shredded carrots and $\frac{1}{4}$ cup Jack cheese. Layer lettuce and deli Roast beef over carrots, leaving $\frac{1}{2}$ -inch border around edge. Roll up tightly; wrap in plastic wrap. Refrigerate 30 minutes before serving.
2. To serve, cut each roll diagonally in half.



Cook's Tip

Roll-ups may be prepared ahead of time; wrap and refrigerate up to 8 hours before serving.

Nutrition information per serving:

578 calories; 45 g protein; 43 g carbohydrate; 25 g fat; 5.7 mg iron; 844 mg sodium; 155 mg cholesterol.

Learn more at TxBeef.org

