

## Easy Nacho Cheese Beef Wraps with Doritos: The 20-Minute Weeknight Winner

The Ultimate Savory Nacho Cheese Beef Wraps



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

1 pound lean ground beef: I prefer 90/10 for this recipe so the wraps aren't overly greasy.

1 cup nacho cheese sauce: Your favorite store-bought brand works perfectly here.

$\frac{1}{2}$  cup sour cream: Adds a necessary tang and silkiness to the sauce.

1 can Rotel: Diced tomatoes with green chilis provide the perfect "zest" factor.

$\frac{1}{2}$  cup chopped green bell peppers: For a bit of fresh crunch and color.

$\frac{1}{2}$  cup diced onions: To build that savory base flavor.

1 packet taco seasoning mix: Feel free to use low-sodium if you prefer.

Nacho Cheese-flavored Doritos: Crushed right before assembly to maintain maximum crunch.

4 large flour tortillas: Use the "burrito size" to ensure you can fit all the fillings.

Shredded lettuce: For a fresh garnish at the end.

Swaps and Recipe Notes:

The Protein: You can easily swap the ground beef for ground turkey or chicken if you want a lighter profile.

The Heat: If you want more kick, use the "Hot" version of Rotel or add sliced jalapeños to the beef mixture.

The Chips: While Doritos provide that signature flavor similar to my favorite Dorito Casserole, you

can use plain corn chips or even spicy Takis for a different vibe.

Step-by-Step Directions:

1. Cook the Beef:
2. SautØ the Veggies:
3. Season It Up:
4. Mix the Cheese Sauce:
5. Assemble the Wraps:
6. Layer the Fillings:
7. Wrap It Up:
8. Toast the Wraps:

Tips for Success:

**Don't Overfill:** It's tempting to pile on the beef, but leave enough room to roll the tortilla. A leaking wrap is a messy wrap!

**The "Crunch" Factor:** Only add the crushed Doritos right before you roll and toast. If they sit in the wet mixture too long, they lose their snap.

**Steam the Tortillas:** If your tortillas feel stiff, microwave them for 10 seconds between damp paper towels before rolling. This prevents them from cracking.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 540 kcal

Protein: 28g

Carbohydrates: 42g

Fat: 30g

Fiber: 3g

Storage and Leftover Tips:

## DIRECTIONS

1. **Cook the Beef:** In a large skillet over medium heat, brown the ground beef. As you cook, break it into small crumbles. Once fully cooked, be sure to drain any excess grease. This is a crucial step-too much moisture will make your tortillas soggy!
2. **SautØ the Veggies:** Add your chopped onions and green bell peppers directly into the skillet with the beef. Cook for about 4 minutes. You want the onions to become translucent and the peppers to soften just enough to release their sweetness.
3. **Season It Up:** Stir in the taco seasoning mix. Follow the package instructions (usually adding a splash of water) and let it simmer for a minute or two. This ensures every morsel of beef is packed with flavor.
4. **Mix the Cheese Sauce:** While the beef simmers, take a separate bowl and whisk together the Rotel (undrained for extra flavor) and the nacho cheese sauce. This creates a "queso-style" binder that is much more interesting than plain cheese.
5. **Assemble the Wraps:** Lay your flour tortillas flat. Spread a generous spoonful of that nacho cheese mixture right down the center. Leave about an inch of space at the edges so you can fold them easily.
6. **Layer the Fillings:** Top the cheese with a hefty portion of the seasoned beef. Add a dollop of sour cream, some extra raw onions if you like the bite, and-the star of the show-a handful of crushed Doritos.
7. **Wrap It Up:** Fold the sides of the tortilla inward, then roll from the bottom up. Keep it tight! If you've ever made Sheet Pan Quesadillas, you know that a tight wrap is the secret to a professional finish.

8. **Toast the Wraps:** Heat a clean skillet (or a panini press) over medium heat. Place the wraps seam side down first. This "seals" the wrap. Toast until golden brown and crispy, usually 2-3 minutes per side.
9. **Tips for Success: Don't Overfill:** It's tempting to pile on the beef, but leave enough room to roll the tortilla. A leaking wrap is a messy wrap!
10. **The "Crunch" Factor:** Only add the crushed Doritos right before you roll and toast. If they sit in the wet mixture too long, they lose their snap.
11. **Steam the : Tortillas:** If your tortillas feel stiff, microwave them for 10 seconds between damp paper towels before rolling. This prevents them from cracking.
12. **Serving Suggestions and Pairings:** These wraps are a meal on their own, but they play very well with others. I love serving these alongside a bowl of Crockpot Nacho Dip for those who want to "double dip" their wraps.
13. **If you're hosting a game day,** consider pairing these with Totchos for a full-on "nacho-themed" spread.
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16. **Carbohydrates:** 42g
17. **Fat:** 30g
18. **Fiber:** 3g
19. **Storage and Leftover Tips:** These wraps are best enjoyed fresh because of the chips inside. However, if you have leftovers:
20. **Fridge:** Store the beef and cheese mixtures separately in airtight containers for up to 3 days.
21. **Reheating:** Reheat the beef in the microwave or skillet, then assemble with fresh chips and a new tortilla for the best experience.
22. **Freezing:** I do not recommend freezing the fully assembled wrap, but the seasoned beef freezes beautifully for up to 2 months.
23. **More Recipes You Will Love:** Easy Sheet Pan Quesadillas
24. **The : Ultimate Walking Taco Bar**
25. **Cheesy : Dorito Casserole**

## SWAPS & NOTES

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**The Heat:** If you want more kick, use the "Hot" version of Rotel or add sliced jalapeños to the beef mixture.

**The Chips:** While Doritos provide that signature flavor similar to my favorite Dorito Casserole, you can use plain corn chips or even spicy Takis for a different vibe.

**Cook the Beef** In a large skillet over medium heat, brown the ground beef.

## TIPS FOR SUCCESS

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