

## 20-Minute Cheesy Beefy Roll Ups: The Ultimate Weeknight Dinner Hack

Easy Cheddar Beef Roll Ups: A Fast, Flavor-Packed Dinner Idea



**TIME**  
**7 min**

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**ChefManiac**

### INGREDIENTS

Ground Beef: 1 pound lean (90/10) ground beef.

Taco Seasoning: 1 packet (or 2 tablespoons of homemade mix).

Water: 1/4 cup (to help the seasoning coat the meat).

Cheddar Cheese: 1 cup, shredded (sharp cheddar provides the best punch).

Flour Tortillas: 4 large burrito-sized tortillas.

Optional Toppings: Salsa, sour cream, guacamole, shredded lettuce, and diced tomatoes.

Swaps and Notes:

**The Protein:** If you want to lighten things up, ground turkey or chicken works beautifully. Just be sure to add a teaspoon of olive oil to the pan since poultry is leaner than beef.

**The Cheese:** While cheddar is my go-to, a pepper jack cheese will add a nice spicy kick, or a Monterey Jack will provide an even smoother melt.

**The Wrap:** If you're watching your carbs, this filling is delicious inside a low-carb wrap or even a large cabbage leaf.

**Bulk it Up:** If you need to feed a larger crowd, you can stir in a can of black beans or some frozen corn to the beef mixture to stretch the protein further.

Step-by-Step Instructions:

1. Brown the Beef:

2. Drain and Season:

3. Warm the Tortillas:

4. The Filling:

5. Roll and Seal:

6. Garnish and Serve:

Tips for Success:

**Avoid the Sog:** Draining the grease is a crucial step. If you leave the fat in the pan, it will soak into the tortilla, making it greasy rather than soft.

**Freshly Grated Cheese:** Whenever possible, grate your own cheddar from a block. Pre-shredded cheese is coated in potato starch to keep it from clumping, which can prevent it from melting as smoothly as fresh cheese.

**Don't Overfill:** It's tempting to pile on the meat, but if the tortilla is too full, it will burst. Aim for about 1/4 to 1/3 cup of meat per large tortilla.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 520 kcal

Total Fat: 28g

Saturated Fat: 14g

Cholesterol: 95mg

Carbohydrates: 34g

Protein: 33g

Fiber: 2g

Storage and Leftover Tips:

**Fridge:** You can store the beef filling separately in an airtight container for up to 4 days. I recommend assembling the roll ups fresh when you're ready to eat to keep the tortilla texture perfect.

**Reheating:** If you have fully assembled roll ups, reheat them in a dry skillet over medium-low heat. This will crisp up the outside of the tortilla while melting the cheese inside.

**Freezer:** The seasoned beef freezes exceptionally well! Store it in a freezer bag for up to 3 months for an even faster dinner shortcut later.

## DIRECTIONS

- 1. Brown the Beef:** In a large skillet over medium-high heat, add the ground beef. Use a wooden spoon to break the meat into small crumbles as it cooks. SautØ for 5-7 minutes until the beef is fully browned and no pink remains.
- 2. Drain and Season:** Carefully drain any excess grease from the pan. Lower the heat to medium and add the taco seasoning packet and the 1/4 cup of water. Stir well to ensure every morsel of beef is coated. Let it simmer for about 5 minutes until the liquid has thickened into a savory glaze.
- 3. Warm the Tortillas:** While the beef is simmering, warm your tortillas. You can do this by wrapping them in a damp paper towel and microwaving them for 20 seconds, or by placing them directly on a dry skillet for 10 seconds per side. Warm tortillas are more pliable and won't crack when you roll them.
- 4. The Filling:** Lay a tortilla flat on a clean surface. Place a generous line of the seasoned beef down the center. Immediately sprinkle a handful of the shredded cheddar cheese over the hot beef. The residual heat from the meat will start to melt the cheese perfectly.
- 5. Roll and Seal:** Fold the sides of the tortilla inward about an inch, then roll tightly from the bottom to the top. Place the roll up seam-side down on a plate. This ensures it stays closed without needing toothpicks or extra heat.
- 6. Garnish and Serve:** Top with your favorite fixings-fresh salsa for acidity, sour cream for richness, or crunchy lettuce for texture. Serve immediately while the cheese is at peak "gooey" status.

7. **Tips for Success: Avoid the Sog:** Draining the grease is a crucial step. If you leave the fat in the pan, it will soak into the tortilla, making it greasy rather than soft.
8. **Freshly : Grated Cheese:** Whenever possible, grate your own cheddar from a block. Pre-shredded cheese is coated in potato starch to keep it from clumping, which can prevent it from melting as smoothly as fresh cheese.
9. **Don't : Overfill:** It's tempting to pile on the meat, but if the tortilla is too full, it will burst. Aim for about 1/4 to 1/3 cup of meat per large tortilla.
10. **Serving Suggestions and Pairings:** To make this a complete meal, I love serving these roll ups with a side of Mexican street corn (elote) or a simple cilantro-lime rice. If you're hosting a casual get-together, these fit right in with a Walking Taco Bar or a tray of Sheet Pan Quesadillas.
11. **For a drink pairing,** a crisp lager with a lime wedge or a classic margarita cuts through the richness of the beef and cheese perfectly. For a family-friendly option, a cold horchata or a sparkling lime water is always a hit.
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24. **This : Dorito Casserole -** The ultimate weeknight dinner shortcut.
25. **Sheet : Pan Quesadillas -** Perfect for feeding a crowd fast.

## SWAPS & NOTES

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## TIPS FOR SUCCESS

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/20-minute-cheesy-beefy-roll-ups-the-ultimate-weeknight-dinner-hack/>