**Charlie's Burritos**

1/2 pound beef or pork stew meat, cut into bite-size pieces

1 tablespoon olive oil

1 teaspoon to 1 tablespoon red pepper flakes (to taste)

1 can refried beans

Flour tortillas

Salsa

Cheddar cheese. shredded

Directions

Saute meat until browned. Add pepper flakes and refried beans until bubbly. Warm up tortillas. Add cheese and salsa on tortillas, then spread bean and meat mixture, roll up and enjoy! Save extra bean and meat mixture for 2 burritos for another night.

Makes 4 burritos.