



## Black Bean, Beef & Chile Burritos

### Ingredients

- 1 ¼ lb. Low Sodium Canned Black Beans – Drained and Rinsed
- ¾ lb. Ground Beef – 80/20, Raw
- ½ lb. Yellow Onions – Fresh, Diced ¼”
- 1 ½ Cups Diced Tomatoes – Canned, With Juice
- 3 oz. Diced Green Chilies – Canned, Drained, Chopped
- ½ Tbsp Chili Powder
- 6 10” Flour Tortillas
- 3 oz. Iceberg Lettuce – Shredded
- 1 Cup 2 Tbsp Tomatoes – Fresh, Diced

### Nutrition Facts (per serving)

<b>Calories</b>	<b>367</b>
<b>Fat (g)</b>	<b>10.5</b>
<b>Saturated Fat (g)</b>	<b>3.8</b>
<b>Cholesterol (mg)</b>	<b>36</b>
<b>Sodium (mg)</b>	<b>538</b>
<b>Carbohydrate (g)</b>	<b>46.4</b>
<b>Fiber (g)</b>	<b>11.2</b>
<b>Protein (g)</b>	<b>23.1</b>
<b>Calcium (mg)</b>	<b>138</b>

### Preparation

Cook beef and onion until beef is thoroughly browned, with no pink. Drain excess fat.

Coarsely mash cooked beans. Stir into above. Add tomatoes, green chilies and chili powder. Simmer, uncovered, for 5 minutes or until mixture firms up.

Wrap tortillas in foil. Heat in a 375 degree F. oven for 10 minutes to soften. Keep wrapped for use.

Place 1 cup beef mixture in center of each tortilla. Add ½ ounce lettuce and 3 Tbsp tomato. Fold bottom edge of tortilla up and over filling. Fold 2 sides in to meet the center. Flip filled part over onto top edge.

**Serves 6**

**Portion: 1 10” Burrito**

