

Beef Burrito

This recipe makes four servings

10 ounces lean ground beef

1/4 cup drained canned diced mild green chilies

1 can (14 1/2 ounces) Mexican-style diced tomatoes, drained

1 package (10 ounces) frozen whole kernel corn

1/2 cup chopped onion

1 tablespoon chili powder

3 cloves garlic, finely chopped

1 teaspoon ground cumin

Nonstick cooking spray

4 (6-inch) flour tortillas

1. Spray large nonstick skillet with cooking spray
2. Heat over medium-high heat until hot
3. Add beef, onion and garlic
4. Cook and stir 5 minutes or until beef is no longer pink
5. Add tomatoes, corn, chilies, chili powder and cumin
6. Cook 5 minutes or until heated through, stirring occasionally
7. Spoon beef mixture evenly down center of each tortilla and fold bottom of tortilla over

Nutrition per serving: Calories (338); Fat (11g); Cholesterol (44 mg); Sodium (333mg)