

Bean Burritos

Mexican

A lighter burrito recipe using lean ground turkey, fat-free refried beans, smaller tortillas, and Greek yogurt instead of sour cream.

Ingredients:

Protein Filling:

- * 1 lb lean ground turkey (93–99% lean)
- * 1/2 cup onion (chopped)
- * 1 clove garlic (minced)
- * 2 teaspoons chili powder
- * 2 teaspoons ground cumin
- * 1 teaspoon dried oregano
- * 1/2 teaspoon salt
- * 1/4 teaspoon black pepper

Beans and Sauce:

- * 1 can fat free refried beans
- * 1 can enchilada sauce

Assembly:

- * 6 whole small flour tortillas (8 inch high-fiber...)
- * shredded lettuce (for topping)
- * chopped tomatoes (for topping)
- * salsa (optional topping)
- * plain Greek yogurt (used instead of s...)
- * 1/2 cup shredded cheese (reduced amount)
- * black olives (optional topping)



Instructions:

1. Cook the ground turkey in a nonstick skillet over medium heat without added oil, breaking it apart as it cooks.
2. Add chopped onion and garlic and cook until softened.
3. Stir in chili powder, cumin, oregano, salt, and pepper.
4. Add the refried beans and enchilada sauce and stir until the mixture is heated through.
5. Warm the tortillas and spoon the turkey and bean mixture into each tortilla.
6. Top with lettuce, tomatoes, salsa, a small amount of shredded cheese, and Greek yogurt.
7. Fold the tortillas into burritos and serve.

Notes:

For brighter flavor without extra calories, squeeze fresh lime juice over the filling and sprinkle chopped cilantro before serving.