



Beef Chimichangas

Recipe Source: www.eatingwell.com

Ingredients:

1 Tbsp olive oil
1 cup chopped onion
2 cloves garlic, minced
1 lb lean (90% or leaner) ground beef
1 cup finely chopped mushrooms
1 Tbsp chili powder
1 tsp ground cumin
1 tsp dried oregano
½ tsp salt
1 cup reduced-sodium canned refried beans
1 (4 oz) can chopped green chiles
Olive or canola oil cooking spray
6 (8-inch) whole wheat flour tortillas
6 Tbsp shredded cheddar cheese
1 ½ cups shredded romaine lettuce
Fresh tomato salsa

Steps:

- Place a large baking sheet in the oven and preheat to 425°.
- Heat oil in a large skillet over medium heat. Add onion and garlic and cook, stirring, until the onion is soft, about 2 minutes. Add beef, mushrooms, chili powder, cumin, oregano, and salt.
- Cook, breaking up the beef with a spoon, until the beef is no longer pink, 4 to 6 minutes. Stir in refried beans and chiles, and stir until heated through, 1-2 minutes.
- Remove the hot baking sheet from the oven, place on a heatproof surface, and coat with cooking spray. Place a tortilla on a clean work surface and spread 2/3 cup of the beef mixture along the bottom third. Sprinkle with 1 Tbsp cheese, tuck the sides over the filling, and roll up from the bottom into a burrito. Place seam-side down on baking sheet.
- Repeat with remaining tortillas, filling, and cheese. Spray the tops and sides of the chimichangas with cooking spray.
- Bake chimichangas until browned, 10-15 minutes. Serve topped with lettuce and salsa.

Tips from the Test Kitchen: Ground turkey can be used in place of beef if desired. Look for refried beans made without hydrogenated oils or lard.



Nutritional Facts: per serving Calories: 492, Carbohydrates: 32 grams, Protein: 35 grams, Total Fat: 24 grams, Saturated Fat: 11 grams, Cholesterol: 95 mg, Sodium: 1119 mg, Fiber: 6 grams, Total Sugars: 3 grams.