

Easy Beef and Salsa Burritos

Ingredients:

- 1 lb. lean ground beef
- 1 Tbsp. chili powder
- 1/4 tsp. ground cumin
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 pkg. (10 oz) frozen chopped spinach, defrosted and well-drained
- 1 c. chunky salsa (mild or medium)
- 3/4 c. shredded cheese (such as Co-Jack)
- 8 medium flour tortillas



Recipe courtesy of the
Beef Commission.

Directions:

1. In a large skillet, brown beef 8 to 10 minutes (until it reaches 160 degrees). Drain well.
2. Season beef with chili powder, cumin, salt and pepper.
3. Stir in spinach and salsa; heat through. Remove from heat. Stir in cheese.
4. To serve, spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, overlapping edges.

Makes 8 servings. Per serving: 264 calories, 16 grams (g) fat, 10 g carbohydrate and 2 g fiber.

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