

Skillet Burritos

Servings: 2-4

Slightly adapted from

<http://www.myrecipes.com/recipe/mexican-skillet-casserole-50400000123329/>

Ingredients

1/2 teaspoon olive oil
1/2 onion, chopped
1/2 green bell pepper, chopped
1/2 teaspoon minced garlic
1/2 package ground turkey
1/2 tablespoon chili powder
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/2 cup hot cooked rice
10 oz can diced tomatoes with green chiles
15 oz can pinto beans, rinsed and drained
1/4 cup shredded reduced-fat cheddar cheese
1/2 cup spinach
2-4 tortillas

Preparation

- 1) Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion, green bell pepper and garlic; sauté 3 minutes or until tender.
- 2) Add turkey; cook until no longer pink and stir frequently to crumble. Drain, if needed, and return to pan.
- 3) Stir in chili powder, cumin, and salt. Add rice, tomatoes, and beans; cook over medium heat 2 minutes or until thoroughly heated, stirring occasionally. Sprinkle with cheese; cover and remove from heat. Let stand 1 minute or until cheese melts.
- 4) Spoon into tortillas, top with spinach and roll up.