



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Beef and Bean Burritos\*

- ½ pound ground beef
- 1 teaspoon pepper
- 2 teaspoons chili powder
- 15 ounce can chunky tomato sauce\*
- 2 cups Refried Beans
- 6 (6-inch) whole wheat tortillas
- ½ cup chunky salsa
- ⅓ cup shredded cheddar cheese

### Optional Topping:

Leftover Green Chili (Recipe below)

*\*2 cups of MASTER MEAT SAUCE can be substituted for the beef and tomato sauce*

1. Preheat oven to 350° F. Brown meat, pepper, and chili powder. Add 1 cup of the chunky tomato sauce. Bring to a boil. Cover and simmer 5 minutes. Add heated refried beans. Cover and simmer another 5 minutes.
2. Spoon 3 tablespoons of the mixture on each tortilla. Roll up tortillas. Place tortillas in cake pan, seam side down. Combine salsa and remaining ¾ cup of tomato sauce. Evenly spoon mixture over tortillas. Bake 10 minutes.
3. Sprinkle 2 teaspoons cheddar cheese over top of each tortilla. Add leftover green chili (if desired) as a topping. Continue baking until cheese is melted and chili is heated through. Serves 6.

## Nutrition Facts

Serving Size: 1 burrito (252g)

Servings: 6

Amount Per Serving

Calories 310      Calories from Fat 100

% Daily Value\*

**Total Fat** 11g      **17%**

Saturated Fat 4g      **19%**

Trans Fat 0g

**Cholesterol** 30mg      **11%**

**Sodium** 790mg      **33%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 16g      **64%**

Sugars 4g

**Protein** 17g

Vitamin A 20%      ■      Vitamin C 15%

Calcium 10%      ■      Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Green Chili

1 pound lean pork  
6 tablespoons flour  
1 tablespoon canola oil  
1 small onion, diced  
1 can (4 ounces) green chilies, chopped  
1 can (16 ounces) tomatoes, cut up  
4 cups water  
1 teaspoon garlic powder  
salt and pepper to taste

1. Cut up pork and lightly coat with flour; heat oil in skillet and add pork until browned on all sides.
2. Add onions and brown.
3. Add chilies, tomatoes, water, and seasonings. Simmer for 1 hour. Serves 4.

### Nutrition Facts

Serving Size: 1 cup (526g)

Servings: 4

Amount Per Serving

Calories 270      Calories from Fat 90

% Daily Value\*

**Total Fat** 10g      **15%**

Saturated Fat 2.5g      **12%**

Trans Fat 0g

**Cholesterol** 75mg      **25%**

**Sodium** 680mg      **28%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber 2g      **9%**

Sugars 7g

**Protein** 26g

Vitamin A 8%      ■      Vitamin C 50%

Calcium 6%      ■      Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

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