



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Chimichangas and Burritos*

- 1 cup MASTER MEAT SAUCE*
- 1 can (16 ounce) refried beans
- 1 teaspoon cumin or 2 teaspoons chili powder
- ½ cup salsa
- 6 Whole wheat tortillas

1. Combine all ingredients and heat through.
2. Spoon about ½ cup of mixture on a warm tortilla and roll. Repeat until all of mixture is used.

Variation:

Place rolled tortillas on cookie sheet. Brush lightly with oil. Bake 10 minutes at 400° F or until lightly browned.

| Nutrition Facts | |
|--------------------------------|----------------------|
| Serving Size: 1 Burrito (169g) | |
| Servings: 6 | |
| Amount Per Serving | |
| Calories 340 | Calories from Fat 80 |
| % Daily Value* | |
| Total Fat 9g | 14% |
| Saturated Fat 3.5g | 17% |
| Trans Fat 0g | |
| Cholesterol 10mg | 4% |
| Sodium 750mg | 31% |
| Total Carbohydrate 54g | 18% |
| Dietary Fiber 4g | 18% |
| Sugars 1g | |
| Protein 12g | |
| Vitamin A 2% | Vitamin C 10% |
| Calcium 15% | Iron 35% |

*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 for more information.



TV Show

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