



# Shredded Turkey and Pinto Bean Burritos

Shine 365  
Marshfield Clinic

PREP TIME: 40 minutes • SERVINGS: 6

## INGREDIENTS

- 1 tablespoon canola oil
- 1 medium onion, halved and sliced
- 2 cloves garlic, minced
- 1 tablespoon cumin
- 1 teaspoon chili powder
- 1 15-ounce can diced tomatoes with green chilis
- 2 tablespoons lime juice
- 4 cups shredded cooked turkey
- 1 15-ounce can pinto beans, rinsed
- 6 10-inch whole-wheat flour tortillas or wraps, warmed (see tip and note)
- $\frac{3}{4}$  cup grated Monterrey or Pepper Jack cheese
- 2 cups shredded lettuce

**NOTE:** Substitute lettuce cups or leaves for the tortillas or wraps for an even healthier option.

## INSTRUCTIONS

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until softened, about 2 minutes.

Stir in garlic, cumin and chili powder and cook for 30 seconds.

Add tomatoes and lime juice; bring to a boil. Reduce heat to a simmer and cook until the onions are very soft, 16 to 20 minutes.

Stir in turkey and beans and continue cooking until mixture is heated through, 3 to 5 minutes.

Divide the turkey-bean mixture among tortillas or wraps. Top each with cheese and lettuce, roll into burritos and serve.

**TIP:** To warm tortillas, wrap in foil and bake at 300°F until steaming, or wrap in barely damp paper towels and microwave on High for 30 to 45 seconds.

## NUTRITION INFORMATION

Each serving has about 415 calories, 12 g fat, 7 g fiber, 38 g carbohydrates, 39 g protein, 107 mg cholesterol, 4 g sugars, 712 mg sodium.