

## Beef Chimichangas

HANDS-ON TIME: 30 min

TOTAL TIME: 45 min; SERVES 6: 1 each

### Ingredients:

- 1 Tbsp extra virgin olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 lb lean (90% or leaner) ground beef
- 1 cup finely chopped mushrooms
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp kosher salt
- 1 cup reduced-sodium canned refried beans
- 1 4-oz can chopped green chiles
- 6 8-inch whole wheat flour tortillas
- 6 Tbsp shredded Cheddar cheese
- 1 1/2 cups shredded romaine lettuce
- 6 Tbsp fresh tomato salsa



### Instructions:

1. Place a large baking sheet in the oven; preheat to 425°F.
2. Heat oil in a large skillet over medium heat. Add onion and garlic; cook, stirring, until the onion is soft, about 2 minutes. Add beef, mushrooms, chili powder, cumin, oregano and salt; cook, breaking up the beef with a spoon, until the beef is no longer pink, 4 to 6 minutes. Stir in refried beans and chiles; cook, stirring, until hot, 1 to 2 minutes.
3. Remove the hot baking sheet from the oven, place on a heatproof surface and coat with cooking spray. Place a tortilla on a clean work surface and spread 2/3 cup of the beef mixture along the bottom third. Sprinkle with 1 Tbsp cheese, tuck the sides over the filling and roll up from the bottom into a burrito. Place seam-side down on the baking sheet. Repeat with the remaining tortillas, filling and cheese. Generously coat the tops and sides of the chimichangas with cooking spray.
4. Bake the chimichangas until browned, 10 to 15 minutes. Serve topped with lettuce and salsa.

CAL 390 | FAT 17G (SAT, 5G) | CHOLESTEROL 55MG | CARBS 36G | SUGARS 5G | PROTEIN 23G | FIBER 5G | SODIUM 683MG | POTASSIUM 468MG

From EATINGWELL May/June 2016

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