

MEXICAN TURKEY BURRITOS

INGREDIENTS

- 1 T Healthy oil
- 1 Onion (medium) (cut in 1/2 & sliced)
- 2 cloves Garlic (minced)
- 1 T Cumin
- 1 t Chile powder
- 1 can Tomatoes (diced) with green chiles
- 2 T Lime juice
- 4 C Turkey (cooked)(shredded)
- 1 can Beans (pinto) (15 oz) (rinsed)
- 6 Tortillas (Whole-wheat **OR** gluten-free) (10-inch) **OR** wraps
- Vegan jack cheese (optional) (shredded) (as needed)
- 2 C Cabbage (green)(shredded)



DIRECTIONS

- 1 Heat oil in a large saucepan over medium heat
- 2 Add onion & cook, stirring, until softened (about 2 minutes)
- 3 Stir in garlic, cumin & chile powder & cook (30 seconds)
- 4 Add tomatoes & lime juice & bring to a boil
- 5 Reduce heat to a simmer & cook until the onions are very soft (16 - 20 minutes)
- 6 Stir in turkey & beans & continue cooking until the mix is heated through (3 -5 minutes)
- 7 Warm tortillas & divide the turkey-bean mix among tortillas (or wraps)
- 8 Top each with cabbage & vegan cheese (optional)
- 9 Roll into burritos & serve

NOTES

- 1 Serves 6
- 2 Can substitute chicken for turkey

