

## Healthy Recipe

GET HEALTHY, STAY HEALTHY

# Creamy Beef and Pepper Burritos

**Makes:** 4 servings • **Active Time:** 20 minutes • **Total Time:** 20 minutes

### Ingredients

- 12 baby sweet peppers or 2 bell red, green or yellow peppers
- 12 ounces extra lean ground beef
- 2 1/2 teaspoons, no salt added or reduced sodium taco seasoning, divided
- 1/4 cup salsa (any heat level or flavor)
- 1 ripe avocado, sliced in half and pit discarded
- 1 cup canned white kidney, black, or pinto beans, drained and rinsed
- juice of 1 lime
- 4 (8-inch) whole wheat tortillas
- 2 cups shredded lettuce

### Preparation

- Place the peppers in a dry skillet over medium heat, and cook for five to seven minutes, turning them as the skin starts to blister.
- Remove the peppers from the skillet and set aside.
- Brown the beef in the same skillet, then add 1 1/2 teaspoons of the taco seasoning and cook for one minute. Stir in the salsa, and turn off the heat.
- Remove the tops of the peppers, along with the core and seeds.
- Place the peppers, avocado, beans, lime juice and remaining taco seasoning in a small food processor or blender. Puree until smooth.
- Place tortillas on a plate, cover with a damp paper towel and microwave for 30 seconds to make them more pliable.
- Build your burritos:  
Place 1/2 cup avocado-pepper mixture in the middle of the tortillas. Add 1/4 of the beef and 1/2 cup lettuce.
- Do your best to wrap them--or eat them open-faced like a tostada.
- Serve immediately, garnishing with cilantro if desired

### Nutrition

**Per serving:** 350 calories; 16.5 g fat; 48 mg cholesterol; 39 g carbohydrates; 0 g added sugars; 27 g protein; 7 g fiber; 741 mg sodium.

