



# CHILI CHEESE BURRITOS

Serves 4

25 MIN  
MEAL PREP

## INGREDIENTS

### For the filling:

- 1 lb 96% lean ground beef (454 g)
- 1 oz reduced-sodium taco seasoning (28 g)

### For the sauce:

- 1/2 c. fat free cottage cheese (115 g)
- 1 slice American cheese (20 g)
- 1/2 c. fire-roasted diced tomatoes (120 g)
- 1-2 Tbsp diced chipotle peppers in adobo, adjust for desired heat (15-30 g)
- 1/8 tsp garlic powder

### To assemble:

- 4 burrito-size low-carb tortillas (approx. 10-inch/25-cm and 110 calories each)
- 4 Tbsp plain nonfat Greek yogurt (60 g)
- 1/4 c. reduced fat shredded Mexican blend cheese (28 g)
- 4 Tbsp chopped green onion (28 g)
- 4 Tbsp chopped fresh cilantro (12 g)

## DIRECTIONS

- 1 Make the filling:** In a large skillet over medium-high heat, brown the ground beef, breaking into crumbles as it cooks. 5-8 min. Add taco seasoning with 2-3 Tbsp water. Simmer, stirring to combine for 2-3 min, then reduce heat to low.
- 2 Make the sauce:** In a blender or food processor, blend all ingredients until smooth.
- 3** Pour the sauce into the beef mixture and stir well. Simmer for 3-5 min until warmed through.
- 4 Assemble the burritos:** Warm tortillas slightly in the microwave to make them pliable. To the center of each tortilla, layer:
  - 1 Tbsp Greek yogurt (15 g)
  - 1 Tbsp shredded cheese (7 g)
  - 1/2 Tbsp green onion (7 g)
  - 1/2 Tbsp cilantro (3 g)
  - 159 g of filling/sauce mixtureRoll each into a tight burrito.

**Optional Pan Toasting:** (Highly Recommended!) Heat a nonstick skillet over medium heat. Place burritos seam-side down first and toast 1-2 min per side until golden brown and crisp all over.

### Meal Prep Notes:

**Refrigerator storage:** Store in an airtight container or wrap in foil up to 4 days.

**Freezer storage:** Wrap tightly in plastic wrap and foil or place in freezer bag. Freeze up to 3 months.

**To Reheat:** Thaw overnight, if frozen. Remove plastic and foil. Microwave wrapped in a damp paper towel for 1½-2 min until heated through. Optional: After microwaving, crisp in a hot skillet or air fryer for 2-3 min until golden.

## FACTS

**Prep time:** 15 min

**Cook time:** 10 min

**Total time:** 25 min

**MFP:** "FFC Chili Cheese Burritos"

**1 serving:** 1 burrito

**355 Calories**

**40P | 14F | 15C**