

Grilled Burritos (THM E, S or XO)

Makes 6 burritos.

Ingredients:

- 1 pound of ground beef
- Low Carb tortillas (or sourdough for E or XO)
- ½ tsp Salt
- ½ tsp Black pepper
- 1 tsp Chili Powder
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1 dash of Cayenne Pepper
- 1 can of Green Enchilada Sauce
- 1 can of low-fat Refried Beans (optional for E or XO)
- Favorite Burrito Toppings (see note below)

Directions:

In a large saucepan, brown the ground beef over high heat. Drain off some of the grease if needed. Add salt, pepper, chili, garlic, onion, paprika, cumin, and cayenne. Mix well.

Place meat and optional Refried Beans in tortillas, fold by tucking two tail ends in and rolling over while tucking the top in. Spray a fry pan with cooking oil and set to medium heat. Place filled tortilla seam side down on the pan. Once browned, flip over and brown other side.

When both sides are browned, remove from pan and top with enchilada sauce and cheese (if using). Microwave for 20 seconds, or until cheese is melted. Top with favorite toppings and veggies.

NOTES:

Favorite toppings may include cheese, sour cream, lettuce, tomatoes, salsa, guacamole, or anything else your heart desires!