

Spicy Chipotle Beef Burritos

Prep 20M | Cook 23M | Enjoy in 50M

A customizable beef burrito with all the veggies you could dream of, these spicy chipotle beef burritos are a surefire family hit. These burritos may be frozen for up to three months. Wrap each burrito individually in foil, then place burritos in a freezer bag. To reheat, unwrap and microwave for 3-5 minutes, then finish heating in the oven or in a frypan until fully heated through, about 5 minutes.

[This recipe is part of our February meal plan.](#)

INGREDIENTS

- ☐ 1 tbsp canola oil, divided
- ☐ 2 lb extra lean ground beef
- ☐ 1 cup chopped onion, divided
- ☐ 2 tbsp chili powder, divided
- ☐ 2 tbsp cumin, divided
- ☐ 1 tsp dried oregano
- ☐ 3 tbsp finely chopped chipotle peppers in adobo sauce
- ☐ 1 tsp salt
- ☐ 1 ½ cups peeled diced sweet potatoes
- ☐ 1 ½ cups diced carrots
- ☐ 1 ½ cups diced red bell peppers
- ☐ 3 cloves minced garlic
- ☐ ½ cup fresh chopped tomatoes
- ☐ ½ cup no-salt-added chicken broth
- ☐ 1 cup canned pinto beans, drained and rinsed well
- ☐ ½ cup low-fat plain Greek yogurt
- ☐ ¾ cup shredded cheddar cheese
- ☐ ¼ cup chopped fresh cilantro
- ☐ 8 10-inch whole wheat flour tortillas

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DIRECTIONS

1. Heat 2 tsp oil in a large Dutch oven or oven-safe frying pan over medium heat. Add ground beef, ½ cup onion, 1 tbsp chili powder, 1 tbsp cumin, oregano, chipotle peppers and salt. Cook, stirring to break up meat, until cooked through and no pink remains. Remove from heat and transfer cooked meat mixture to a heat proof bowl and set aside.
 2. Return Dutch oven to medium heat and add remaining 1 tsp oil. Add sweet potatoes, carrots, peppers, garlic, tomatoes, remaining 1 tbsp chili powder and remaining 1 tbsp cumin. Cook, stirring, until vegetables begin to soften, about 4-5 minutes. Reduce heat to medium-low and add broth. Simmer until vegetables are softened and liquid is almost evaporated, about 8-10 minutes. Add more broth during cooking if needed.
 3. Add reserved cooked meat mixture, beans, yogurt and cheese. Stir to combine. Cook just until heated through, about 2-3 minutes.
 4. Fill each tortilla with about ½ cup filling. Wrap tightly to enclose filling. If desired, cook burritos in a frypan over medium-low heat until lightly browned.
 5. Serve and enjoy!
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NUTRITIONAL FACTS

Serves 8 (1 burrito per serving)

Nutritional analysis per serving: 528 calories, 20 g fat, 42 g protein, 44 g carbohydrate (38 g available carbohydrate), 6 g fibre, 869 mg sodium