**Beef Burrito**

This recipe makes four servings

- 10 ounces lean ground beef
- 1/4 cup drained canned diced mild green chilies
- 1 can (14 1/2 ounces) Mexican-style diced tomatoes, drained
- 1 package (10 ounces) frozen whole kernel corn
- 1/2 cup chopped onion
- 1 tablespoon chili powder
- 3 cloves garlic, finely chopped
- 1 teaspoon ground cumin
- Nonstick cooking spray
- 4 (6-inch) flour tortillas

1. Spray large nonstick skillet with cooking spray
2. Heat over medium-high heat until hot
3. Add beef, onion and garlic
4. Cook and stir 5 minutes or until beef is no longer pink
5. Add tomatoes, corn, chilies, chili powder and cumin
6. Cook 5 minutes or until heated through, stirring occasionally
7. Spoon beef mixture evenly down center of each tortilla and fold bottom of tortilla over

**Nutrition per serving:** Calories (338); Fat (11g); Cholesterol (44 mg); Sodium (333mg)