

## **SKILLET BURRITOS**

### **Ingredients:**

1 lb. Ground turkey  
1 cup chopped onion  
1 diced green pepper  
2 cups undiluted low-sodium chicken broth  
1/8 tsp. Chili powder  
1 tsp ground cumin  
(add red pepper flakes)  
1 cup uncooked quick brown rice  
1 (15 oz) can black beans, drained  
1 cup picante sauce  
2 oz shredded lowfat sharp cheddar cheese  
10 (6") flour tortillas, steamed or chopped cabbage

### **Directions:**

Cook turkey, onion and green pepper in large skillet; stir in broth, rice, chili powder and cumin. Bring to a boil. Cover, reduce heat, and simmer until rice is tender. Stir in picante sauce and cheese.  
Serves 8-10