

Tex-Mex Skillet

To increase heat, leave a few seeds from the jalapeño in the salsa. Or, season with an extra pinch of cayenne pepper.

Makes: 8 servings
Prep Time: 20 minutes
Cook Time: 15 minutes

Source: cookingmatters.org/tex-mex-skillet

Ingredients

- ½ medium head lettuce
- 1 medium green bell pepper
- 1 large tomato
- 1 small jalapeño pepper
- ½ medium red onion
- 2 cloves garlic
- 2 ounces low-fat cheddar cheese (shredded)
- 1 (15½-ounce) can black beans, no salt added
- 1 pound lean ground beef, chicken, or turkey
- 1 (12-ounce) bag frozen corn
- ½ cup water
- ¾ teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- Pinch ground black pepper
- 8 (6-inch) whole wheat flour tortillas

Directions

1. Rinse lettuce, bell pepper, tomato, and jalapeño. Rinse and peel onion. Peel garlic.
2. Chop or shred lettuce into bitesize pieces. Mince garlic. Halve the jalapeño and bell peppers. Remove seeds with the tip of a knife. Dice peppers.
3. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices.
4. In a colander, drain and rinse beans.
5. In a large skillet over medium-high heat, cook meat, bell pepper, and garlic, until meat is lightly browned. Drain to remove fat.
6. Stir in frozen corn, beans, water, and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes, or until most liquid is gone.
7. While meat mixture is simmering, make a salsa. Add jalapeño and a pinch of salt to the grated tomato and onion. Stir and set aside.
8. Divide the meat mixture evenly among the 8 tortillas. Top each with shredded cheese, salsa, and lettuce. Roll up and serve.



Small Changes,
BIG Difference!



Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet with lid
- Measuring cups
- Measuring spoons
- Sharp knife
- Small bowl

SHOPPING LIST












Average total cost without oil and seasonings: \$11.81

Average cost/serving: \$1.48

Makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- | | | | | | |
|--------------------------|---|--|--------------------------|--|--|
| <input type="checkbox"/> |  | Add 1 to Cart
Fresh Garlic | <input type="checkbox"/> |  | Add 1 to Cart
Frozen Corn 12 oz |
| <input type="checkbox"/> |  | Add 1 to Cart
Fresh Green Bell Pepper | <input type="checkbox"/> |  | Add 1 to Cart
Fresh Head Lettuce |
| <input type="checkbox"/> |  | Add 1 to Cart
Fresh Tomato | <input type="checkbox"/> |  | Add 1 to Cart
Ground Turkey 1 lb |
| <input type="checkbox"/> |  | Add 1 to Cart
Fresh Red Onion | <input type="checkbox"/> |  | Add 1 to Cart
Fresh Jalapeno Peppers |
| <input type="checkbox"/> |  | Add 1 to Cart
Canned Black Beans
15.5 oz | <input type="checkbox"/> |  | Add 1 to Cart
Sharp Cheddar Cheese 8 oz Brick |
| | | | <input type="checkbox"/> |  | Add 1 to Cart
Whole Wheat Tortillas 10-ct |

Nutrition Information

Serving Size: 1/2 cup of filling, 1 tortilla

Nutrients	Amount
Calories:	258
Total Fat:	7.9 g
Saturated Fat:	3.8 g
Cholesterol:	58 mg
Sodium:	250 mg
Total Carbohydrates:	23.7 g
Dietary Fiber:	4.8 g
Total Sugars:	3.2 g
Added Sugars:	0 g
Protein	23.5 g

My Cooking Notes