

Grilled Beef Chimichangas – Recipe adapted from Taste of Home Diabetic Cookbook, as submitted by Jackie Burns

6 servings

---

1 lb. lean ground beef  
1 small onion  
2 garlic cloves, minced  
1 can (4 oz.) chopped green chilies  
¼ cup salsa  
¼ tsp ground cumin  
6 Whole wheat tortillas  
¾ cups shredded Monterey Jack cheese  
White queso dip (optional)

---

Directions:

Cook the beef in a large skillet with the onion and garlic, mincing the beef as it cooks. Drain the beef using a colander over a bowl lined with aluminum foil. (When the grease sets up, you can just crumple up the aluminum foil and throw it away, leaving the bowl clean.) Add the beef back to the skillet and add the chilies, salsa, and cumin and stir.

Spoon ½ cup of beef mixture in center of each tortilla and top with 2 Tbsp of Monterey Jack cheese. Fold one side over, tightening down on the beef and cheese. Fold in each end to seal the wrap, and continue to roll it up. Place chimichanga on grill rack and grill, covered, for until crisp and browned, turning once. Top with melted queso dip, sour cream, guacamole or whatever you desired.



## Shopping List – Grilled Beef Chimichangas

---

- 1 lb. lean ground beef
- 1 small onion
- 2 garlic cloves, minced
- 1 can (4 oz.) chopped green chilies
- salsa
- ground cumin
- Whole wheat tortillas
- shredded Monterey Jack cheese
- White queso dip (optional)