

**CAJUN BEEF & BEAN BURRITOS**

*Total preparation and cooking time: 25 to 40 minutes*

*Marinating time: 30 minutes to 2 hours*

- 1 pound boneless beef top sirloin *or* top round steak, cut 3/4 inch thick *or* flank steak**
- 1/2 cup prepared tomatillo *or* regular prepared salsa**
- 1 package (5 to 6.5 ounces) Cajun rice and bean mix**
- 2 teaspoons vegetable oil**
- 1/2 teaspoon salt**
- 1/4 cup prepared tomatillo *or* regular salsa**
- 4 medium flour tortillas (10-inch diameter), warmed**
- Tomatillo *or* regular prepared salsa**

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Place beef and 1/2 cup salsa in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Prepare rice and bean mix according to package directions, using 1/4 cup less water and omitting oil or margarine; keep warm.
3. Meanwhile remove beef from marinade; discard marinade. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Do not overcook. Remove from skillet. Repeat with remaining 1 teaspoon oil and beef. Season with salt.
4. Return beef with juices to skillet. Add rice and 1/4 cup salsa; cook and stir 1 to 2 minutes or until heated through.
5. Spoon 1 cup beef mixture evenly down center of each tortilla, leaving 1-1/2-inch border around edge. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges. Serve with additional salsa, as desired.

***Makes 4 servings.***

***Cook's Tip:*** *For colorful burritos, use flavored flour tortillas such as red pepper, tomato or spinach.*

***Nutrition information per serving using top sirloin:*** *543 calories; 13 g fat (3 g saturated fat; 6 g monounsaturated fat); 50 mg cholesterol; 1212 mg sodium; 66 g carbohydrate; 5.7 g fiber; 37 g protein; 10.2 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.4 mcg vitamin B<sub>12</sub>; 5.4 mg iron; 47.5 mcg selenium; 5.3 mg zinc.*

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.

***Nutrition information per serving using top round:*** 545 calories; 13 g fat (3 g saturated fat; 6 g monounsaturated fat); 61 mg cholesterol; 1193 mg sodium; 66 g carbohydrate; 5.7 g fiber; 38 g protein; 7.5 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 6.1 mg iron; 48.7 mcg selenium; 5.2 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.

***Nutrition information per serving using flank:*** 546 calories; 15 g fat (4 g saturated fat; 6 g monounsaturated fat); 42 mg cholesterol; 1205 mg sodium; 66 g carbohydrate; 5.7 g fiber; 35 g protein; 9.4 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.4 mcg vitamin B<sub>12</sub>; 5.2 mg iron; 43.1 mcg selenium; 4.7 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.