

Tex-Mex Skillet

Makes: 8 servings, 1/2 cup filling and 1 tortilla per serving

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
- 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. Rinse lettuce, bell pepper, tomato, and jalapeño. Rinse and peel onion. Peel garlic.
4. 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.
5. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices.
6. Grate cheddar cheese.
7. In a colander, drain and rinse beans.
8. In a large skillet over medium-high heat, cook meat, bell pepper, and garlic, until meat is lightly browned. Drain to remove fat.
9. 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.
10. 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.
11. Divide the meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.

Cost per recipe: \$8.21
per serving: \$1.02

Source: cookingmatters.org

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Nutrition Facts

8 servings per container	
Serving size	(247g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 390mg	17%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 3mg	15%
Potassium 516mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.