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# Shredded Turkey and Pinto Bean Burritos

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

## Ingredients

- ❖ 1 tablespoon oil, canola
- ❖ 1 medium onion(s), halved and sliced
- ❖ 2 clove(s) garlic, minced
- ❖ 1 tablespoon cumin, ground
- ❖ 1 teaspoon chili powder
- ❖ 15 ounce(s) tomatoes, canned, diced, with green chilies
- ❖ 2 tablespoon lime juice
- ❖ 4 cup(s) turkey, cooked, shredded, or cooked, shredded chicken
- ❖ 15 ounce(s) beans, pinto, rinsed
- ❖ 6 medium tortilla(s), flour, whole-wheat, or wraps, 10-inch, warmed
- ❖ 3/4 cup(s) cheese, Monterey Jack, or pepper Jack cheese, grated
- ❖ 2 cup(s) cabbage, green, shredded

## Preparation

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until softened, about 2 minutes. Stir in garlic, cumin and chile powder and cook for 30 seconds.
2. Add tomatoes and lime juice; bring to a boil. Reduce heat to a simmer and cook until the onions are very soft, 16 to 20 minutes.
3. Stir in turkey (or chicken) and beans and continue cooking until the mixture is heated through, 3 to 5 minutes more.
4. Divide the turkey-bean mixture among tortillas (or wraps). Top each with cheese and cabbage, roll into burritos and serve.

