

Chicken Burritos

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/bean-salsa-recipe-indian-style>

Ingredients:

- 2 tablespoons olive oil
- 1 pound chicken breasts skinless and boneless, cut into small pieces.
- 1 small onion chopped
- 3 cloves garlic minced
- salt
- pepper
- 1/2 teaspoon chili powder
- 1 teaspoon cumin
- 3 teaspoons tomatoes chopped
- 1 cup bean medley or kidney beans, canned
- 1/2 jalapeno chopped
- 6 medium flour tortillas
- 3/4 cup cheddar cheese shredded
- 1/2 cup salsa
- 1/2 cup sour cream

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 75 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 8 grams
8. Sodium: 750 milligrams
9. Sugar: 3 grams

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