

Beef & Bean Chimichanga

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-mexican-chimichanga-recipe>

Ingredients:

- 1 pound ground beef
- 3/4 cup onion chopped
- 1 1/2 cups corn
- 2 cups taco sauce just use your favorite, I recommend the taco bell restaurant sauce that is sold in grocery stores
- 2 teaspoons chili powder
- 1 teaspoon garlic salt
- 1 teaspoon ground cumin
- 16 ounces refried beans
- flour tortillas 12 inch
- cheese grated

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 85 milligrams
4. Fat: 23 grams
5. Fiber: 9 grams
6. Protein: 33 grams
7. SaturatedFat: 9 grams
8. Sodium: 1810 milligrams
9. Sugar: 11 grams
10. TransFat: 1 grams

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