

## GRILLED BEEF CHIMICHANGAS

*Total preparation & cooking time: 35 minutes*



- 1 boneless beef top sirloin steak, cut 3/4 inch thick (about 1 pound)
- 1 package (1.25 ounces) 30% less sodium taco seasoning mix
- 2 teaspoons vegetable oil, divided
- 1 can (4.5 ounces) chopped green chilies, undrained
- 1/3 cup coarsely chopped, unsalted dry-roasted peanuts
- 1/3 cup chopped roasted red bell peppers
- 1/3 cup chopped fresh cilantro
- 1 cup shredded pepper jack cheese
- 6 spinach tortillas (10-inch diameter), warmed

1. Cut beef steak lengthwise in half and then crosswise into 1/8-inch thick strips. Place beef and taco seasoning mix in large bowl; toss to coat beef.
2. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining 1 teaspoon oil and beef. Return beef to skillet. Stir in chilies, peanuts, bell peppers and cilantro.
3. Spoon heaping 2 tablespoons cheese into center of each warmed tortilla. Top with about 3/4 cup beef mixture; fold bottom edge up over filling, fold in sides to close; secure with toothpicks. Repeat with remaining chimichangas. Spray outside of chimichangas with nonstick cooking spray.
4. Place chimichangas on grid over medium, ash-covered coals; grill chimichangas, uncovered 3 to 5 minutes (over medium heat on preheated gas grill, uncovered, 5 to 7 minutes) or until lightly toasted and filling is heated through.

\*Chimichangas can also be baked on baking sheet in 350°F oven 15-18 minutes, or until heated through.

**Makes 6 servings.**

**Nutrition information per serving:** 480 calories; 21 g fat (7 g saturated fat; 4 g monounsaturated fat); 63 mg cholesterol; 1044 mg sodium; 41 g carbohydrate; 4.1 g fiber; 29 g protein; 6.0 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.0 mcg vitamin B<sub>12</sub>; 3.6 mg iron; 20.9 mcg selenium; 3.5 mg zinc; x mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, iron, selenium and zinc; and a good source of fiber, vitamin B<sub>12</sub> and 70.4 mg choline.



Funded in Part by the Beef CheckOff

