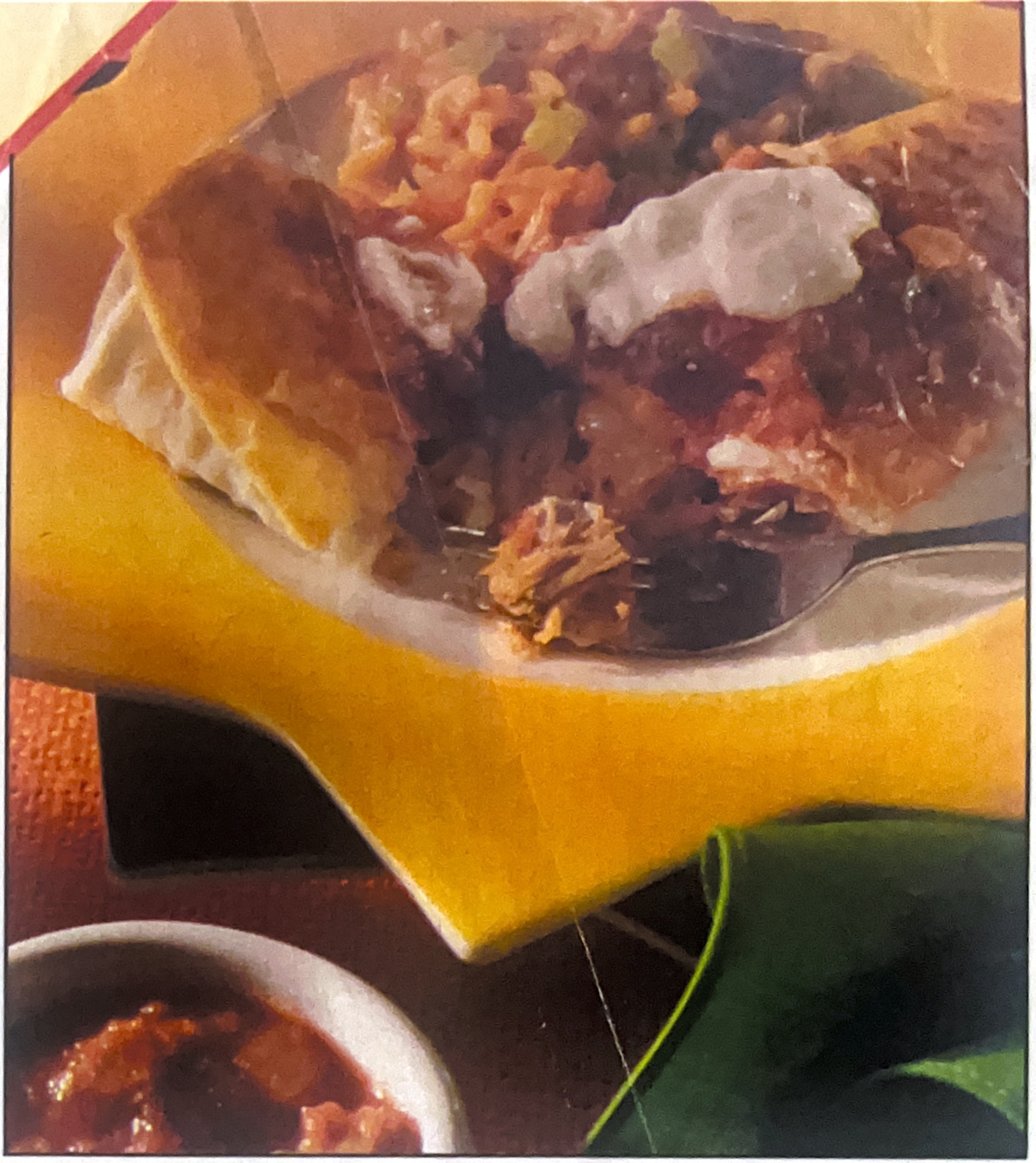


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 RECIPES®

**MAKE-AHEAD  
 MAIN DISHES**

File under Meat  
 March, 1993



**\$200 WINNER** *Chloe Ellenburg, Kapaa, Hawaii*

**MAKE-AHEAD CHIMICHANGAS**

Use leftover beef pot roast, pork roast, or chicken in this Mexican favorite—

- 1 lb. cooked beef, pork, or chicken
- 1 16-oz. jar salsa
- 1 16-oz. can refried beans
- 1 4-oz. can diced green chili peppers
- 1 1½-oz. envelope burrito or taco seasoning mix
- 16 8-inch flour tortillas
- 16 oz. Monterey Jack or cheddar cheese, cut into sixteen 5x½-inch sticks
- Cooking oil (optional)

Using two forks, shred cooked meat or chicken (should have about 3 cups). In a large skillet combine meat or chicken, salsa, beans, *undrained* chili peppers, and seasoning mix. Cook and stir over medium heat till heated through.

In another skillet heat tortillas, one at a time, over medium-low heat about 30 seconds per side. For each chimichanga, place  $\frac{1}{3}$  cup meat mixture atop a tortilla, near one edge. Top with a cheese stick. Fold in sides; roll up, starting with cheese side. Place in freezer containers. Seal, label, and freeze for up to 6 months.

To prepare, wrap frozen chimichangas individually in foil. Bake in a 350° oven about 50 minutes or till heated through. (*Or*, thaw chimichangas in refrigerator overnight. Bake about 30 minutes.) Remove foil. Bake 10 minutes more or till tortilla is crisp and brown. *Or*, heat about ¼-inch depth of oil in a skillet. Cook desired number of frozen chimichangas, uncovered, in hot oil about 25 minutes (about 18 minutes if thawed) over medium-low heat or till golden, turning often. Serve with *salsa*, *dairy sour cream*, and hot cooked *rice*, if desired. Makes 16 servings.

**Nutrition information per baked chimichanga:** 372 cal., 22 g fat, 51 mg chol., 19 g pro., 27 g carbo., 2 g fiber, 730 mg sodium. RDA: 36% calcium, 20% iron, 19% vit. A, 33% vit. C.

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