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 Subject: Pork and Black Bean Burritos From LHJ
 To: LHJRECIPE@MEDIA.TEAMNET.NET

PORK AND BLACK BEAN BURRITOS FROM LHJ ONLINE <http://www.lhj.com>
 This Mexican-inspired dish gets good nutritional marks for being high in protein and low in fat. Another plus: It's on the table in a half hour.

Total prep time: 30 minutes
 Degree of difficulty: Easy

- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 1 teaspoon minced garlic
- 1 pound (2 cups) cooked pork roast or cooked chicken, cut into thin strips
- 1 jar (8 oz.) prepared salsa
- 1 cup water
- 1 can (15 or 19 oz.) black beans, drained and rinsed
- 2 tablespoons fresh lime juice
- 1/4 teaspoon salt
- 2 tablespoons chopped fresh cilantro
- 8 flour tortillas (6-inch), heated
- 4 cups shredded iceberg lettuce
- 1 cup chopped tomato
- Lime wedges, for garnish

1. Heat oil in Dutch oven over medium heat. Add onion and cook until tender, 3 to 4 minutes. Add garlic and cook 1 minute more. Add pork, salsa and water; cover and simmer 20 minutes. Add beans and simmer until heated through. Stir in lime juice and salt. Sprinkle with cilantro.
2. Fill each tortilla with generous 1/3 cup filling. Serve with lettuce and tomato. Garnish with lime, if desired. Makes 4 servings.

PER SERVING
 Calories 465
 Total Fat 14 g
 Saturated Fat 3 g
 Cholesterol 89 mg
 Sodium 962 mg
 Carbohydrates 43 g
 Protein 40 g

DAILY GOAL
 Calories 2,000 (F), 2,500 (M)
 Total Fat 60 g or less (F), 70 g or less (M)
 Saturated Fat 20 g or less (F), 23 g or less (M)
 Cholesterol 300 mg or less
 Sodium 2,400 mg or less