



Stir Fry Burritos

Ingredients:

1 lb of lean protein (can be pork, shrimp, fish, chicken, or beef)

1 Tbsp. olive oil

1 Tbsp. minced garlic or less to your liking

1 Tsp. each of cumin and oregano

1 pinch cayenne

1 medium onion cut into strips

1 red pepper cut into thin strips and 1 green pepper cut into strips

4 whole wheat tortillas



Yield: 4 servings

Serving size: 1
burrito



Instructions:

1. Slice whatever protein you choose into thin strips (will be easier to slice if slightly frozen)
2. Combine the oil, garlic, cumin, oregano and cayenne and stir well in a skillet
3. Place your protein into the pan with the oil mixture and cook thoroughly until internal temperature reaches at least 165
4. Add sliced onion and peppers into the skillet
5. Cook well until they are slightly tender stirring frequently
6. Place the tortillas in a damp paper towel and warm in the microwave
7. Place $\frac{1}{4}$ of the mixture in each tortillas and enjoy!

Nutrition Per Serving:

Calories: 444 Fat: 15 g Carbohydrate: 38 g Sodium: 633 mg Protein: 23g
