

Green Chili Pork Burrito

Ingredients

- 1 tbsp onions, chopped
- 1 tbsp garlic, minced
- 1/2 tsp vegetable oil
- 2 tbsp salsa verde
- 1 tbsp green chili peppers
- 10 oz pork shreds
- 1/8 tsp chicken base, low sodium
- 1/2 cup water
- 1 tbsp cilantro, chopped
- 1-1/2 tsp lime juice
- 1 tbsp sour cream, fat free
- 3/4 cup brown rice
- 1-1/2 tsp chicken base, low sodium
- 1/2 cup water
- 4 whole grain tortillas

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 334 calories, 7.1 g fat, 2.56 g saturated fat, 574 mg sodium, 47.23 g carbohydrate, 3.64 g fiber, 1.4 g sugar, 19.74 g protein

Directions

1. In a large pot over medium heat, sauté onions and garlic in oil for 45 seconds or until garlic turns slightly brown.
2. Add salsa, chilies, pork, chicken base, and water to pot and let simmer for 25 minutes. Internal temperature must reach 165° F.
3. Finish by stirring in cilantro, lime juice, and sour cream.
4. In a 12 x 20 inch pan, place rice, chicken base, and water. Bake in 350° F oven for 15 minutes. Combine pork and rice mixtures.
5. Place 3/4 cups of mixture onto a tortilla and wrap like a burrito. Place burritos on a baking sheet, top with cheese (optional), and let warm slightly in the oven before serving.

