

## Easy Cheesy Turkey Chili Burrito



**PREHEAT:** toaster oven, medium temperature

**PREP TIME:** about 7 minutes

**COOK TIME:** about 8 minutes

**PAN:** 1 flat with a grill insert

**4 whole grain tortillas (spelt!)**

**1 (15 oz.) can turkey or vegetable chili, organic is best as is low sodium**

Spread chili over front half of tortillas

**1 cup white cheddar or mozzarella cheese, shredded**

Put just under a 1/4 cup on top of chili spread. Carefully fold in thirds (approximately) while folding in the sides. Sprinkle remaining cheese on top. Place in warmed oven and cook until cheese is melted and chili is warmed through. You can warm the chili in a pan first if you choose. Serve plain or with a mild salsa!

**Serves:** 3-5 – depending on age of your eaters!

**5 COLORS:** tan, white, red, brown, green

**6 Food Groups:** grains, legumes (beans), poultry, vegetables, fruit (tomato base of chili), dairy

So little time and so many nutrients. And the good news is that burritos are yummy. You can make them as thick or thin as you choose, depending in the age of your children. Turkey Chili is easy to make, especially if you have a crock pot. There is a great one in our cookbook, Mom, I'm Hungry. What's for Dinner? To please the palate and hunger of your house guests and immediate family during your holiday crazy schedule, use this recipe and humbly accept the praise!