



# FILET TIP BURRITOS

Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 15 minutes

## INGREDIENTS:

- 2 – 8 oz. pkg. filet tips
- 1 tsp. dried oregano
- 1 tsp. cumin
- ½ tsp. coarse salt
- ¼ tsp. black pepper
- ¼ tsp. garlic powder
- ¼ tsp. smoked paprika
- 1 C. quality salsa
- 1 C. low-sodium chicken broth
- 1 Tbsp. fresh lime juice
- ½ C. instant brown rice
- 1 – 15 oz. can black beans, drained and rinsed
- 1 Tbsp. canola oil
- 4 – 10-inch tortillas
- ½ C. queso fresco or shredded Monterey jack cheese
- ½ C. cilantro
- ½ C. guacamole

## DIRECTIONS:

1. Dry the filet tips with paper towel.
2. In a medium bowl, toss the tips with the oregano, cumin, salt, pepper, garlic powder and smoked paprika. Set aside.
3. In a large saucepan, combine the salsa, broth and lime juice and bring to a boil.
4. Immediately add the rice and stir. Reduce heat, cover and simmer for 5 minutes.
5. Add the black beans and stir to combine. Continue to simmer for 5 minutes uncovered.
6. In a skillet, heat the oil over med-high heat for 1-2 minutes.
7. Add the tips and cook, flipping to sear all sides, for 3-5 minutes. Remove smaller pieces earlier so they don't overcook.
8. Place tortillas, each separated by a damp paper towel, on a microwave safe plate and heat for 30-45 seconds.
9. Place tortillas on a large cutting board.
10. Fill the center of each tortilla with the warm rice mixture, filet tips, 2 Tbsp. cheese, 2 Tbsp. cilantro and 2 Tbsp. guacamole (alternatively, the guacamole can be served on the side).
11. Fold in the sides of the tortilla about a quarter of the way.
12. Bring the side of the tortilla closest to you over the top of the filling and tuck it in tightly, while holding the side folds.
13. Roll up tightly into a burrito.
14. If desired, heat a skillet to medium heat and spray with cooking spray. Toast each rolled burrito for about 1-2 minutes per side, starting with the seam side.
15. Cut in half to serve.

**TIP:** Make sure the tortillas are warm and steamy. They will be much easier to roll.