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# *Southwestern Beef and Bean Burger Wraps*

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

## **Ingredients**

- 1 dash(es) cooking spray, to coat broiler pan
- 12 ounce(s) beef, lean ground, 93 % lean
- 1 cup(s) beans, refried, fat-free
- 1/2 cup(s) cilantro, fresh, chopped
- 1 tablespoon pepper(s), jalapenos, pickled, chopped
- 1 medium avocado, peeled and pitted
- 1/2 cup(s) salsa
- 1/8 teaspoon garlic powder
- 4 small tortilla(s), flour, whole-wheat, warmed
- 2 cup(s) lettuce, romaine, shredded
- 1/2 cup(s) cheese, Monterey Pepper Jack, shredded
- 1 large lime(s), cut into 4 wedges



## **Preparation**

1. Position oven rack in upper third of oven; preheat broiler. Coat a broiler pan with cooking spray.
2. Gently combine ground beef, beans, cilantro and jalapenos in a medium bowl (do not overmix). Shape into four 5-by-2-inch oblong patties and place on the prepared pan.
3. Broil the patties until an instant-read thermometer inserted into the center reads 165°F, 12 to 14 minutes.
4. Meanwhile, mash together avocado, salsa and garlic powder in a small bowl.
5. Place tortillas on a clean work surface. Spread each with the guacamole, then sprinkle with lettuce and cheese. Top each with a burger and roll into a wrap. Serve immediately, with lime wedges.