

Chicken and Bean Chimichangas

by For the Love of Cooking with modifications by foodforscot

Meat:

1 tbsp oil
1/2 sweet yellow onion, diced
1 lb of ground chicken (or beef)
1 tsp paprika
1 tsp chili powder
1 tsp ground cumin
1 tsp garlic powder
1 tsp oregano
Dash of red pepper flakes
Sea salt and freshly cracked pepper, to taste
1/4 cup of chicken broth
1/4 cup of light oil

Other:

7-8 large flour tortilla shells
1 14.5 oz. can of refried beans
shredded mozzarella or cheddar

Serve with some or all:

salsa
sour cream
guacamole

Heat the 1 tbsp oil in a large skillet over medium heat. Add onion, cook for a few minutes. Add the ground chicken and break up the meat into crumbles. Add the spices, then cook for 4-5 minutes, stirring occasionally. Add chicken broth and mix it up. Set aside.

To assemble Chimichangas, first, warm tortillas in the microwave to soften them up. Also warm up refried beans. Place refried beans on the bottom of tortilla, add some chicken mixture, top with shredded cheese and roll up like a burrito. Do the same with the rest. Should make between 7-8.

Heat 1/4 cup of oil in a large skillet. Place two Chimichangas in at a time, seam side down. Cook for a few minutes until golden brown and crispy, flip and do the same on the other side. Remove from pan and drain on a paper towel. Cook the rest the same way.

Serve with salsa, sour cream, and guacamole. For sides, serve with Cilantro Lime rice. Just make white rice, add chopped cilantro, lime juice and a pinch of salt.

(Servings: 6, Prep time: 45 minutes, Cook time: 20 minutes, Difficulty: Easy)