

## **Southwestern Chicken and Black Bean Burritos**

**4 pieces boneless, skinless chicken breasts (2 full breasts)**

**1 teaspoon each ground cumin and chili powder**

**A couple shakes cayenne pepper sauce**

**1 tablespoon (once around the pan) extra-virgin olive or corn oil**

**1/2 medium Spanish onion, chopped**

**2 cloves garlic, minced**

**1 can black beans, drained and rinsed**

**3 tablespoons (a couple of glugs) smoky barbecue sauce**

**Kosher salt and cracked black pepper, to taste**

**1 heart romaine, shredded**

**6 green onions, thinly sliced**

**2 tomatoes, seeded and chopped**

**Four 10- to 12-inch flour tortilla wraps,  
flavored or plain (see Note)**

**Note: Flour  
tortillas are  
often sold in  
the dairy aisle  
of the market.**

Rub chicken with cumin, chili powder, and cayenne sauce. Heat griddle pan to high. Cook the chicken breasts 4 minutes on each side and remove from heat.

While chicken is cooking, heat a skillet over medium high heat. Go once around the pan with oil. Cook onions and garlic until onions are soft, about 5 minutes. Add beans and barbecue sauce. Chop cooked chicken breasts and drop into barbecued beans. Heat mixture through. Season with salt and pepper, to taste.

Pile chicken and beans onto tortilla. Top with lettuce, green onions, and tomatoes. Wrap and roll. Serve with chips and salsa. Makes 4 large burritos.



## Taco Pockets

- 1 pound ground beef
- 1/2 medium Spanish onion, grated
- 2 teaspoons water
- 2 tablespoons (a good palmful) ground cumin
- 2 tablespoons chili powder
- A shake or two cayenne pepper or Red Hot sauce
- 1 teaspoon garlic powder
- Kosher salt, to taste
- Four 12-inch plain or flavored flour tortilla wraps
- 1/2 pound Monterey Jack, pepper Jack, cheddar, or smoked cheddar cheese, grated
- 1 heart romaine lettuce, shredded
- 1 large, firm tomato, chopped
- Chopped fresh cilantro (optional)

Combine the beef with onion, water, and all the seasonings except the salt. Form into 4 patties.

Heat a nonstick skillet over medium high heat or fire up the grill. Cook burgers 4 to 5 minutes on each side. Salt to your taste. Place each burger in the center of a tortilla wrap. Top with cheese, lettuce, tomato, and cilantro. Wrap the tortilla up and over the burger on all 4 sides.

Flip square-shaped packet over and cut from corner to corner, making 2 taco pockets. Serve with chips, salsa, or refried beans and rice.

“KIDS LOVE  
THESE!”