

# Low-Point Chorizo and Black Bean Burrito

Ingredients:

- 1 Tbs olive oil
- 4 Chorizo Spicy Sausage Links, casing removed (about 10.5 oz)
- 1 tsp. garlic powder or 1 clove garlic, minced
- 2 Tbs onion, minced
- 1/2 cup black beans, drained and rinsed
- 2 Tbs green chiles
- 1/2 cup diced tomatoes, drained
- 1 small green bell pepper, chopped (optional)
- lettuce
- Light sour cream
- Mexican-style four-cheese blend shredded cheese
- 8, small 6" flour tortillas
- Pam cooking spray

In a large skillet, heat olive oil. Add chorizo meat (without casing) and brown, chopping into small pieces as you stir. If olive oil soaks up too quickly, move chorizo to one side of the skillet and spray empty side with Pam cooking spray. Gently push chorizo to other side of skillet and add more cooking spray if needed. Cook until chorizo is done and then add garlic, onion, black beans, chiles, diced tomatoes, and bell pepper. Continue cooking until heated through (or if you're using bell pepper, cook until it begins to soften a little bit). Turn off heat. Spray another skillet with Pam cooking spray over medium heat. Add tortilla and slightly brown or warm on each side, making sure the tortilla does not become stiff. You're ready to build your burrito! Add one-fourth cup chorizo mixture in the center of tortilla. Top with lettuce, one tablespoon of shredded cheese, and one tablespoon of sour cream. Roll up and enjoy!

Total servings - 8 (1/4 cups)

Serving size - 1 (1/4 cup)

Points per serving - 4 (With 1 Tbs cheese and 1 Tbs sour cream the total points is 5)

**NOTE:** By omitting the flour tortilla and spooning 1/4 cup chorizo mixture on a bed of lettuce instead, the total points would be 2.2. Add 1 Tbs cheese and 1 Tbs sour cream, and your total points is 3.2.

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"The only real stumbling block is fear of failure. In cooking, you've got to have a "what-the-hell" attitude." - Julia Child***