



# Chipotle Beef Wrap

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## Info:

Makes 4 Servings      425 Calories per Serving

**LOW CAL** **SPICY**

## Ingredients:



- ❖ 8 Large (10") Low-Fat, Flour Tortillas (120 calories each)
- ❖ 16oz Roast Beef Chunks (Precooked and Packaged)
- ❖ 2 Tomatoes
- ❖ 2 Cups Baby Spinach Leaves
- ❖ ½ Cup Fat-Free Mayo
- ❖ 1 Small Can Chipotles in Adobo Sauce (Don't use whole can!)
- ❖ 1 Medium Green Bell Pepper, sliced into strips
- ❖ 1 Medium Yellow Onion, chopped

## Preparation:



1. Chop chipotles (1 for milder or 3 for hot!) and mix with mayo
2. Dice tomatoes and drain
3. Sauté onion and green pepper over medium heat until browned and soft
4. In another pan heat the beef over medium until warmed thoroughly
5. Spread chipotle mix on center of each tortilla
6. Add baby spinach, roast beef, onions, green pepper and diced tomatoes
7. Roll and fold tortilla and enjoy!