



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Beef & Salsa Burritos

Ingredients:

- 1 pound lean ground beef
- 1 Tablespoon chili powder
- ¼ teaspoon cumin
- salt and pepper to taste
- 1 (10-ounce) package frozen chopped spinach, thawed and well drained
- 1 cup salsa
- ½ cup low-fat cheddar cheese, shredded
- 8 medium flour tortillas, warmed

Makes 8 servings - 30% calories from fat

Instructions:

1. In large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes stirring occasionally, until done. Pour off drippings.
2. Season beef with chili powder, cumin, salt and pepper.
3. Stir in spinach and salsa; heat through. Remove from heat; stir in cheese.
4. To serve, spoon ½ cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, overlapping edges.

Nutrition Facts	
Serving Size 1 filled tortilla	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 650mg	27%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 18g	
Vitamin A 30%	Vitamin C 2%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.