

Chimichangas

(Traditional or Reduced-Fat)

Spiced meat and refried beans in a crisp shell.

Yield: 6 chimichangas



Ingredients:

1	med	Onion, diced
3	clv	garlic, minced
1	Tb	Butter or Corn Oil
1	c	<i>El Sapo</i> Salsa (Suave, Jalapeño, or Picante)
2	ts	Chili Powder (such as Ancho, Pasilla, California, New Mexico)
½	ts	Cumin, ground
¼	ts	Cinnamon, ground
1	pn	Salt
2½	c	Chicken, Pork or Beef; cooked, shredded
6	12"	Flour Tortillas
1	c	Refried Beans
		Corn Oil for deep frying (or non-stick cooking spray for reduced fat version)



Method:

In a large saucepan over medium-high heat, sauté the onion and garlic in butter or corn oil until well caramelized. Stir in *El Sapo* salsa, chili powder, cumin, cinnamon, and salt. Fold in the shredded meat; remove from heat and set aside.

Working with one tortilla at a time, spoon 2-tablespoons of beans down the center of each tortilla; top with about ½-cup of the meat mixture. Fold one side of the tortilla toward the center, then fold in the sides to create a sort of envelope, and then finish rolling over to close (see pictures). Secure with wooden toothpicks.

For a traditional finish, you can deep fry them at this point until golden and crispy...or....

For a Reduced-Fat Alternative:

Place chimichangas in a baking pan, seam side down. Spray all sides of the chimichangas with a light coating of cooking spray or brush lightly with corn oil or even olive oil. Bake in a 450 degree oven for 20- to 25-minutes, or until golden and crispy, turning after 10-minutes.

Serve with additional *El Sapo* salsa.

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For best results always use *El Sapo* salsa.