



# Anything Baked Burritos

Prep: 15 minutes | Cook: 35 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1 burrito

## Ingredients

Nonstick cooking spray  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon garlic powder  
1 teaspoon chili powder or chipotle powder  
½ teaspoon sweet or smoked paprika  
½ teaspoon ground black pepper  
1 pinch salt  
1 pinch cayenne (optional)  
1 tablespoon olive oil  
1 pound (16 ounces) protein (e.g. chicken, beef, pork, shrimp, tofu, tempeh; about 3 cups)  
2 cups diced fresh vegetables (e.g. bell pepper, onion, mushrooms, carrots, tomatoes)  
4 (8-inch) whole-wheat tortillas  
½ cup salsa (store-bought or homemade)  
½ cup shredded cheddar cheese

## Directions

1. Preheat the oven to 375°F. Spray the inside of a 9x13-inch baking dish with nonstick cooking spray and set aside.
2. In a small bowl, stir together the cumin, coriander, garlic powder, chili powder or chipotle powder, paprika, black pepper, salt, and cayenne (if using). Set aside.
3. Heat a large skillet or sauté pan over medium-high heat.
4. Add the oil and heat until shimmering. Add the selected protein, selected vegetables, and the seasoning mixture.
5. Cook until the protein is cooked through (if applicable) and the vegetables are tender, about 8-12 minutes, stirring and breaking the protein into crumbles or shreds as needed.
6. Divide the mixture between the tortillas (about 1 cup each), then roll each tortilla up into a burrito.
7. Place the burritos in the prepared baking dish, with their sides touching. Spread the salsa over the top, then sprinkle with the cheese.
8. Bake until warmed through and the cheese is melted, about 15-20 minutes.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 465 | Total Fat: 16 g | Saturated Fat: 5.5 g  
Sodium: 865 mg | Total Carbohydrate: 35 g | Dietary Fiber: 5 g | Protein: 43 g**

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