

### Gluten Free / Casein Free Chili Burritos by Trish

1 package ground turkey ( `1.25 pounds)  
2 tsp cumin  
2 tsp chili powder  
1/2 tsp garlic powder  
2 T GF flour  
2 T baking cacao  
salt, pepper, pinch of sugar  
1 can pinto beans, rinsed and drained  
1 can 8 oz can tomato sauce  
1 package Gluten free tortillas

Toppings: salsa, black lives, chopped tomatoes

A.

1. Brown turkey, drain.
2. Add dry ingredients.
3. Stir in tomato sauce (add a bit of water if it seems to dry).
4. Add kidney beans and mix.

B.

1. To soften tortillas to prevent cracking: microwave 4 at a time, between two damp paper towels for 30 seconds.
2. Put a spoonful of chili in center; fold sides over to enclose.
3. Cook 20 minutes at 350 F
4. Enjoy!