



# Steak Fajitas

**Source:** Mens Health Mgz, April 06, pg. 62

**Serving Size:** 4

**Prep Time:** 15 min

**Cooking Time:** 10 min



## Directions

### Steak

- Cut the meat diagonally and across the grain into thin strips.
- Place it in a large zip-lock bag with all the other ingredients and shake well to combine.
- Pre heat a skillet over med-high heat.
- Place the mixture into the pre-heated skillet.
- Cook, turning frequently, for *5~6 min* or until meat reaches desired doneness.

### EI EI Bean

- Mix all ingredients together in a bowl
- Heat the ingredients in the microwave if you like it hot.

## Ingredient List

### Steak

- 12 oz flank steak
- 2 small onion cut into 1/8<sup>th</sup>
- 1 green & 1 red bell pepper, cut length wise into strips
- 2 small jalapeno pepper, cut into rings
- 2 tsp olive oil.
- 2 tbs chopped cilantro.
- ½ tsp cumin
- Salt and Pepper
- Whole Wheat Tortillas

### EI EI Bean

- 1/2 can, black beans Drain&Rinse
- 1 can corn. Drain&Rinse
- 2 scallion sliced
- 2 tsp diced cilantro
- 2 tsp olive oil
- ½ tsp red pepper flakes