

# Super Simple Steak Fajitas



*This mexican themed blend includes avocado, lime, green and red peppers, cilantro, and lean beef.*



## Nutrition Info

**Makes:** 33 fluid ounces  
= 4 cups  
= 975 milliliters (mL)

**Calories:** 990 kcal

**Kcals/ mL:** 1.02 kcal/ mL

**Carbohydrate:** 49%

**Protein:** 19%

**Fat:** 33%

**Make it for the whole family:**

<https://www.beeftips.com/recipes/as-seen-on-tv/2017-recipes/sheet-pan-steak-fajitas>.

# Super Simple Steak Fajitas

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## Ingredients

- 1 cup 2% milk
  - 1 cup plain, lowfat kefir
  - ½ cup water
  - 1 tablespoon lime juice
  - 1 tablespoon avocado oil
  - 2 ounces cooked lean beef such as flank steak or london broil, sliced thin
  - ½ cup red bell pepper, sliced
  - ½ cup green bell pepper, sliced
  - ¼ small avocado
  - 2 tablespoons fresh sweet onion, chopped
  - 1¾ cups cooked brown rice
  - 1 clove garlic
  - ½ teaspoon ground cumin
  - ½ teaspoon paprika
- Optional: chopped fresh cilantro

## Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

## Kitchen Gear

High power blender

Food scale

Chef knife

Cutting board

Measuring tools:

- 1 cup, ½ cup, ¾ cup
- Tablespoon
- ½ teaspoon

## Tips

Veggies and meat can be sauteed, or roasted in the oven.

2 ounces cooked beef equals approximately 3 ounces raw.

Swap out the beef for chicken for variety.



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