



Carne Asada Tacos

Serves four

1 pound of thin flank steaks
¼ cup lime juice
¼ cup olive oil
1 large jalapeño
¼ bunch cilantro
4 large garlic cloves
2 TBS white vinegar
1 tsp. ground cumin
1 tsp. salt
1 tsp. black pepper
32 small corn tortillas
1 cup finely chopped white onion
1 cup chopped cilantro
Salsa of choice – I use my spicy tomato chipotle salsa in these

Rinse and pat dry the meat. Place it in a non-reactive container and add all of the ingredients. Use your hands to coat the entire pieces well. Cover and refrigerate for at least 2 hours.

Remove the meat from the marinade and grill or cook in a large, hot skillet with a little bit of oil. This meat is so thin it will cook very quickly. Remove it from the heat and place it on a cutting board. Cut the meat into small pieces.

Heat your tortillas either by wrapping 16 of them in foil – you will have two packets – and placing in an oven; or by heating them directly on the open flame of a gas grill. If you opt for this, use some tongs to constantly turn them. Heat them for about 30 seconds.

Place 2 tortillas on top of each other on a plate and add some cut up beef. Top with salsa, onions and cilantro. Serve 4 tacos per plate. Enjoy!

4 tacos w/o salsa- CALORIES 469.26; FAT 12.38 grs (sat 1.0; mono 8.6; poly 3.8); PROTEIN 31.63 grs ; FIBER 4.89 grs; CARBS 56.48 grs; CHOLESTEROL 52.88 mg; IRON 5.42 mg; SODIUM 671.77 mg; CALCIUM 121.28 mg