



## Beef Fajitas

*Think getting teenagers to eat healthy is impossible? This recipe will quickly change your mind and adults love it, too!*

Serves: 4 - 6

### Ingredients

- 6 organic garlic cloves
- 1 teaspoon salt
- 1/4 cup fresh lime juice
- 1 1/2 teaspoons ground cumin
- 2 tablespoons extra virgin olive oil or Tropical Traditions coconut oil
- 2 pounds organic grass-fed sirloin steak, trimmed
- 3 organic bell peppers (pick whatever colors you like best) sliced thin
- 1 large organic red onion, sliced thin
- 12 7-8 inch organic whole grain tortillas (try whole wheat, Ezekial or spelt)
- Tofutti Sour Supreme
- organic guacamole
- organic tomato salsa

### Directions

1. Mince and mash 4 garlic cloves and 1 teaspoon salt to a paste.
2. In a large bowl, whisk together the garlic paste, lime juice, cumin and oil.
3. Add the steak to the sauce, turning to coat it well. Let the steak marinate, covered and chilled, for at least 1 hour or overnight.
4. After the steak has finished marinating, heat a skillet and cook the steak 3-4 minutes on each side. Transfer the steak to a cutting board and let it stand for 10 minutes.
5. While the steak is standing, mince the last 2 garlic cloves. Add them, along with the bell peppers and onions, to your hot skillet. Sauté the mixture, stirring, for 5 minutes, or until the bell peppers are slightly soft.
6. Thinly slice the steak across the grain on the diagonal and arrange the slices on a platter with the bell pepper mixture. Drizzle any steak juices over the steak and the pepper mixture.
7. Warm the tortillas (try the open flame on a gas stove or the microwave)
8. To assemble a fajita: Spread some guacamole on a tortilla, top with a few slices of meat and some of the pepper/onion mixture. Add some salsa and Sour Supreme and then roll up the tortilla to enclose the filling.