

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Crock-Pot Beef Fajitas

From www.cooking4f.com

Serves 4

1 pound beef flank steak (grass fed is best)

1 onion, diced

1 jalapeno pepper, deseeded and chopped, optional

1 Tbsp dried or 3 Tbsp fresh cilantro

2 garlic cloves, minced

1 tsp chili powder

1 tsp cumin

1 tsp coriander

1 tsp salt

1 (14.5-ounce) can diced tomatoes, drained, or salsa

Tortillas of your choice (We like Rudi's Organic Spelt Tortillas or Alvarado St. Bakery Organic Sprouted Grain Tortillas)

Toppings of your choice

1. Cut flank steak into several portions. In a crock-pot, add the meat, onion, jalapeno, cilantro, garlic, chili powder, cumin, coriander and salt.
2. Add tomatoes, or salsa, on top.
3. Cover and cook on low for 8-10 hours.
4. Remove meat from crock-pot and shred. Return meat to crock-pot and stir. Serve with tortillas and toppings.