

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Slow Cooker Carne Asada Steak Tacos (with chipotle aioli sauce)

From [www.sixsistersstuff.com](http://www.sixsistersstuff.com)

You can serve these in organic flour or corn tortillas, on organic tortilla chips, or leave out the grains altogether and load up on your favorite toppings. We like Alvarado St. sprouted wheat tortillas. I also like to use Spectrum Naturals non-gmo mayonnaise, or you can try making your own (that will be upcoming recipe of the week).

Makes about 6 servings

Tacos:

2 lbs flank steak or London Broil, thinly sliced  
1 cup salsa  
1 – 10 oz. can diced tomatoes with green chilis (Rotel)  
1 tsp cumin  
1 tsp chili powder  
Flour or corn tortillas  
Favorite toppings (tomatoes, avocados, onions, lettuce, etc.)

Chipotle Aioli:

6 Tbsp mayonnaise  
2 tsp chopped chipotle chilies in adobo  
2 Tbsp chopped fresh cilantro  
1 tsp minced garlic  
½ tsp cumin  
4 tsp fresh lime juice  
Salt and pepper, to taste

1. Spray a slow cooker with non-stick spray. Place steak in the bottom. Pour salsa, diced tomatoes, cumin and chili powder on top. Stir, until all seasonings are thoroughly mixed. Cook on low for 6-8 hours or high for 3-4 hours.
2. While the meat is cooking, put all the ingredients for the aioli in a blender until smooth.
3. When meat is done, scoop it onto tortillas, if using, top with your favorite toppings, and drizzle with chipotle aioli.