

Crock-Pot® Fajitas

Hands-on - 20 min. (a.m.) and 10 min. (p.m.)

Serves 12

You want chicken fajitas—use chicken. You want beef fajitas—use beef! Vegetarian? Got that covered, too. These fajitas are a family favorite. OLÉ!

Menu

Crock-Pot Fajitas
Raw Vegetables and Dip
Fresh Sliced Cantalope

1 lb beef top round steak, skinless, boneless
chicken breast, pork tenderloin, or
24 oz. firm tofu

4 to 8 hours before serving:

Trim meat well of fat and cut into 6 portions.
(Crumble or cube tofu.) Place in slow cooker.

1 lg onion
1 green bell pepper, seeded
1 red bell pepper, seeded
1 yellow bell pepper, seeded

Cut vegetables into strips and place in slow cooker.

3/4 tsp salt
12 jalapeño or hot pepper rings from a jar
1 can (15 oz) pinto, kidney or black beans,
drained and rinsed
2 T lime juice or 2 envelopes *True Lime*®
crystallized lime
4-5 T *Zippy Zonya Mexi Mix*†

Add to slow cooker and mix well.

Cook on HIGH 4 to 5 hours or on LOW 7 to 8 hours.

Just before serving:

Break meat into bite-sized chunks.

12 6" flour tortillas
3 ripe tomatoes, chopped
1 cup shredded lettuce
3/4 cup light sour cream (1 T per fajita)

Warm tortillas in microwave. Use tongs or a slotted spoon to remove contents
from slow cooker. Assemble fajitas with toppings of your choice.

Serve 1 fajita per person with raw veggies, dip and fruit for dessert.

Note: Expect about 1 cup of liquid left in the crockpot. Makes an excellent soup starter.

†See recipe on page 40.

Nutrition information for 1 fajita using 1/2 cup beef mixture, with tomatoes, lettuce and sour cream

Calories	235	Fat	5.5 g	Fiber	4 g	Sodium	438 mg	Total Carbohydrate	30 g
Calories from Fat	21%	Saturated Fat	2 g	Cholesterol	30 g	Protein	16 g	Sugars	4 g

Zippy Zonya Mexi Mix

Hands-on: 10 min. Yields 12 T

Instead of using prepared packets of taco or fajita mixes, I realized how easy it is to make my own and save a full teaspoon of salt plus monosodium glutamate each time. All you have to do is mix up this recipe, place it in an empty spice bottle, label and date it. You no longer need to buy commercial, high-sodium taco and fajita seasonings packets.

Simply use 3 tablespoons of Zippy Zonya Mexi Mix to replace one packet of the commercial mixes.

5 T ground cumin
1 T cumin seeds (opt.)
6 T chili powder
1 tsp garlic powder (make sure it's powder, not salt)
1 tsp onion flakes
1/4 tsp black pepper
1/4 - 1/2 tsp cayenne pepper (opt.)

Mix well and store in a jar.

Make a double batch, and share half as a gift.

Nutrition information for 3 tablespoons

Calories	0	Fat	0 g	Fiber	0 g	Sodium	0 mg	Total Carbohydrate	0 g
Calories from Fat	0	Saturated Fat	0 g	Cholesterol	0 mg	Protein	0 g	Sugars	0 g

Zippy Zonya Mexi Mix

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