

fajitas

- 1 pound beef roast
- juice from 1 lime
- 1 red bell pepper, cut into strips
- 1 green bell peppers, cut into strips
- 1 medium onion, cut into strips
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon Cajun seasoning
- 1 tablespoon vegetable oil

Step 1 Cut the roast beef into very thin strips. Combine the beef strips, lime juice, garlic powder, ground cumin and Cajun seasoning in a bowl. Refrigerate for at least 30 minutes. (Meat can be marinated overnight.)

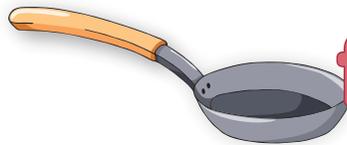
Step 2 Heat the oil in a large skillet. Add the beef strips to the skillet. Stir and cook for 3 to 4 minutes, or until meat is browned.

Step 3 Add the pepper and onion strips to the meat. Stir and cook for 3 to 4 minutes. Add a splash of water if skillet is too hot or dry while stir frying.

Step 4 Serve with warm tortillas and salsa.

Helpful tips:

- If you like to top your fajitas with cheese, guacamole or sour cream - choose the low fat versions and use a small amount.
- Make Chicken Fajitas. Use skinless chicken breasts instead of beef roast.



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