

Crock-Pot® Fajitas

SERVES

MENU

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

6

CROCK-POT® FAJITAS
RAW VEGETABLES AND DIP
FRESH SLICED CANTALOPE

4 to 8 hours before serving:

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

Cut vegetables into strips and place in slow cooker.

Add to slow cooker and mix well.

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

Just before serving:

Remove meat from slow cooker and shred. Return shredded meat to pot and mix well.

Warm tortillas in microwave.

Use a slotted spoon to remove contents from slow cooker.

Assemble fajitas with toppings of your choice.

Serve 2 fajitas per person with raw veggies, dip and fruit for dessert.

1 lb beef flank steak, skinless, boneless
chicken breast halves *or* pork
tenderloin *or* 24 oz. firm tofu

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

10 jalapeño pepper rings from a jar
1 tsp chopped garlic (2 cloves)
1 tsp ground cumin
1 can (15 oz) kidney, pinto *or* black beans,
drained and rinsed
1 pkt (1.27 oz) fajita seasoning mix

12 8" flour tortillas
3 ripe tomatoes, chopped
1 cup shredded lettuce
12 T light sour cream (1 T per fajita)

EXCHANGE VALUES

4 Starch 2 Meat 1 Veg — Fruit — Milk — Fat

Nutrition information for 2 fajitas using beef, with tomatoes, lettuce and sour cream

Hands-on Time — a.m., 20 min. and p.m., 10 min.

Calories	505	Fat	14 g	Fiber	9 g	Sodium	1040 mg	Total Carbohydrate	64 g
Calories from Fat	25%	Saturated Fat	5.5 g	Cholesterol	40 g	Protein	30 g	Sugars	10 g

Slow-Cooking

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Lickety-Split Meals