

# 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