

Rosita's Tacos

(Taquitos de Salpicon)

From the kitchen of Rosita Arreguin, San Antonio

Preparation time: 45 minutes

Number of servings: 15

Ingredients:

1 ½ pounds lean flank beef (fajita meat)

30 corn tortillas

2 medium carrots

1 large white potato

2 cloves garlic, crushed

¼ medium onion, chopped

3 cups lettuce, chopped

3 medium tomatoes, chopped

½ green bell pepper

Salt to taste

Preparation:

1. Boil potato and carrots in water until tender (about 20 minutes). Add bell pepper and boil 2 more minutes or until vegetables are soft. Allow to cool.
2. Cut potato, carrot, and bell pepper into small pieces. Set aside.
3. Cut meat into small pieces or strips.
4. Cook meat in a skillet with onion and garlic until fully cooked. Drain any fat.
5. Add potato, carrot, and bell pepper and cook 5 more minutes. Add salt to taste.
6. Soften tortillas by warming over the stove or in the microwave. Put 1-2 T of meat mixture into each corn tortilla and fold to form a taco.

Nutrition information per serving:

FAT: 30-35% of calories from fat with excess fat drained (low-med)

FIBER: 2 grams (high)

CALORIES: 130

TIP

*Choose leaner cuts of beef, such as flanks, tenderloin, or round steak.
Always drain excess fat.*