

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.

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

Slow-Cooking

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Lickety-Split Meals
www.Zonya.com