THIS WEEK'S RECIPE

As seen on hdnews.net

Cooking with Carla

Marinated Beef

Tender and Tasty for fajitas

Ingredients:

12 ounces beef round steak
1 clove garlic, minced, or 1/4 teaspoon garlic powder
2 tablespoons lemon juice
4 tablespoons vegetable oil, divided
1/2 teaspoon salt
1/2 teaspoon pepper

Directions

1. Using a cutting board and sharp knife, cut round steak across the grain into thin strips, about 1/2 inch wide and 2 to 3 inches long.
2. In a medium glass-mixing bowl, combine garlic, lemon juice, 2 tablespoons vegetable oil, salt and pepper.
3. Add beef strips and stir to coat with the marinade sauce. Cover bowl with plastic wrap and refrigerate about 2 hours.
4. In a medium skillet over medium-high heat, heat 2 tablespoons oil 1 to 2 minutes or until hot.
5. Drain marinade. Put beef in skillet, stir and cook 5 to 7 minutes or until meat is thoroughly browned.

The acid in a marinade helps tenderize meat. If you don't have lemon juice, try substituting tomato, lime or grapefruit juice; vinegar; yogurt; milk; or buttermilk. Marinades also add flavor. Try adding herbs such as marjoram, thyme, and rosemary for more flavor variations.

Cooking with Carla — K-State Research and Extension

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Nutrition Facts

Serving Size 3 ounces (108g)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 200
	% Daily Value*
Total Fat 22g	**34%**
Saturated Fat 4.5g	**23%**
Cholesterol 50mg	**17%**
Sodium 330mg	**14%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 18g	

Vitamin A 0%	•	Vitamin C 4%
Calcium 0%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Round Steak	Meat
Garlic	11
Lemon Juice	5
Vegetable Oil	11
Salt	11
Pepper	11

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