

Kentucky Farm to School Junior Chef



BCHS Beefy Fajitas

Bourbon County High School Culinary Café

Ingredients:

6	Flat iron steaks	1/8	Lime Juiced
1/2 ear	Fresh Sweet Corn	1/8	Jalapeño, chopped
7.5 oz	Canned black beans, rinsed and drained	1	Garlic clove, minced
		3/4	Sour Cream
1/2 bunch	Green onions	1/2	Cheddar Cheese
1/2	Green bell pepper, seeded and diced	6	Whole Wheat tortillas
			Olive Oil
1/2	Red bell pepper, seeded and diced		Salt and Pepper to taste
1/2	Red onion, diced		
1/2	Tomato, seeded and diced		
1 1/2 tsp	Cilantro, diced		

Directions:

- 1- Dice green peppers, red peppers, green onions, red onion, tomatoes, and cilantro
- 2- Chop jalapeño.

- 3- Drain and rinse the black beans.
- 4- Cut the corn from the cob.
- 5- Juice the lime
- 6- Combine the pepper, red peppers, green onions, red onion, tomatoes, cilantro, jalapeño, black beans, garlic, and corn. Mix together in a bowl. Add the lime juice
- 7- Cover and place in the refrigerator.
- 8- Place olive oil in the skillet. Turn on medium heat. Add steaks a few at a time.
- 9- Once steaks reach the internal temperature of 155 degrees, place in an oven safe disk and keep warm. Add foil wrapped tortillas in oven to heat.
- 10- Cut the flat iron in to strips and place in tortilla. Top with fresh salsa, sour cream, and cheddar cheese.