

# Beef Fajitas



## Sliced steak

Cooked sliced steak from  
Coffee-Rubbed Steak recipe  
20 oz

## Bell peppers

Sliced bell peppers  
2 cup

## Canola oil

Canola oil 2 tsp

## Flour tortillas

whole wheat flour tortillas  
4 (8-inch)

## Onion

finely chopped red  
onion 1/3 cup

## Salt

1/4 teaspoon salt

## Ingredients



# Directions

## Beef Fajitas



## Beef Fajitas



Heat the oil in a large nonstick skillet over medium-high heat.

Directions



## Beef Fajitas



Add the onion and bell pepper.  
Sauté for 5 minutes.

Directions



## Beef Fajitas



Add the cooked sliced steak  
& sauté for 2 to 3 minutes to warm.  
Sprinkle with salt.

Directions



Diabetes  
360°



Amount per serving  
470 Calories



## Beef Fajitas



Place each tortilla on a plate.  
Divide the steak, onions, & peppers  
among the 4 tortillas. Wrap & serve.

Directions



Diabetes  
360°