

Carnitas-Style Grilled Beef

Tacos

Beef Flat Iron Steaks get big south-of-the-border flavor from cilantro, onions and tomatillos.

INGREDIENTS

4 beef Flat Iron Steaks (about 8 ounces each) - One beef Flank Steak (about 1-1/2 to 2 pounds) or 1-1/2 pounds Skirt Steak (cut in 4 to 6-inch portions) may be substituted for Flat Iron Steaks. Increase marinating time to 6 hours or overnight. Grill Flank Steak on charcoal grill, 11 to 16 minutes (on gas grill, 16 to 21 minutes); grill Skirt Steak on charcoal grill, 7 to 12 minutes (on gas grill, 8 to 12 minutes) for medium rare to medium doneness, turning occasionally.

18 small corn tortillas (6 to 7-inch diameter)

Minced onion, chopped fresh cilantro leaves, lime wedges

1 cup prepared tomatillo salsa

1/3 cup chopped fresh cilantro

2 tablespoons fresh lime juice

2 teaspoons minced garlic

1/2 teaspoon salt

1/4 teaspoon pepper

1-1/2 cups prepared tomatillo salsa

1 large avocado, diced

2/3 cup chopped fresh cilantro

1/2 cup minced white onion

1 tablespoon fresh lime juice

1 teaspoon minced garlic

1/2 teaspoon salt

COOKING

1. Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.

2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

3. Meanwhile combine avocado salsa ingredients in medium bowl. Set aside.



45 Min



6

Servings



42 Cal





29g

Protein

4. Place tortillas on grid. Grill until warm and slightly charred. Remove; keep warm.

5. Carve steaks into slices. Serve in tortillas with avocado salsa. Top with onion, cilantro and lime wedges, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		14g	42mg		45g	29g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com