

This make-ahead meal, adapted from Real Simple Magazine, would also be great made with chicken! Prepare and freeze the ingredients in individual servings, then cook them when you're ready for a fresh, easy dinner. Serve on a bed of lettuce for a fajita salad.

STEAK FAJITA KITS

Serves 4

Fix It -Freeze It

- 1-1/4 pound flank steak, very thinly sliced against the grain
- 1 onion, vertically sliced
- 2 red or yellow bell peppers, seeded and thinly sliced
- 1 jalapeno pepper, seeded and thinly sliced*
- 1 tsp. paprika
- 1 tsp. ground cumin
- 2 Tbs. fresh lime juice
- 1/2-1 tsp. original Tabasco Sauce (to taste)
- Coarse salt
- 4 1-quart zip-top plastic freezer bags

In a large bowl, combine the steak, onion, bell peppers, jalapeno, paprika, cumin, lime juice, hot sauce, and 3/4 tsp. salt. Divide evenly among 4 labeled quart size freezer bags. Freeze until ready to cook, up to 3 months.

Salsa

Make 2 c. of your own salsa, combining 2 tsp. of cumin, 1/2 tsp. of salt, 1/2 tsp. crushed garlic, Tabasco Sauce to taste, 1-1/2 c. diced tomatoes, 1/3 c. chopped onion, 1/4 c. finely chopped cilantro and desired amount of SCD legal tomato juice. Add more tomato or onion to make 2 cups, if needed. Set aside.

**Much of the heat of the pepper is contained in the seeds, so if you want the dish hotter, leave them in. If you want it milder, remove the seeds. Wear gloves when cutting hot peppers and do not touch your face or eyes.*



Cook It

- 4 bags frozen fajita mixture
- 2 Tbs. olive oil
- Homemade tomato salsa (recipe below)
- Homemade SCD plain yogurt (Flour tortillas for non-SCDs)

In a large skillet or grill pan, over medium-high heat, heat the oil (use 1/2 Tbs. per serving). Empty the frozen contents of the bags into the skillet or grill pan (use 1 bag per serving). Cook, stirring occasionally, to break up ingredients, for 10 minutes. Raise heat to high and cook, uncovered, until the vegetables are tender and the steak is just cooked through, 2 to 6 more minutes. Do not overcook. Serve with the salsa and yogurt, if desired, and the tortillas for non-SCDs. For fun, add some avocado and grated Cheddar cheese.

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