



## Texas Favorite Recipes



All across the Lone Star state, Texan families are coming together to share a meal and create memories around beef. Celebrate your #BeefLovingTexans family traditions with some of our Texas favorites.



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**20  
MINUTES**

**MAKES 6-8  
SERVINGS**

**11  
INGREDIENTS**

# Traditional Tex-Mex Fajitas

### INGREDIENTS

2 lbs. Skirt Steak, trimmed  
1 onion, sliced  
1 green bell pepper, sliced  
12 flour tortillas

### MARINADE

½ cup Italian dressing  
½ cup apple cider vinegar  
½ cup soy sauce  
½ cup Worcestershire sauce  
½ cup brown sugar  
2 Tbsp. lime juice  
Dash of garlic powder or fresh garlic, crushed

### PREPARATION

- Combine marinade ingredients. Marinate steaks in the refrigerator 6-8 hours or overnight.
- Preheat gas or charcoal grill to 400°F. Wrap tortillas in foil.
- Remove meat and discard marinade. Place steaks, peppers and onions on oiled grates and grill for approximately 4-6 minutes on one side, or until moisture starts to pool on the top and beef releases easily from grates with tongs. Flip once, grilling on the other side for 4-6 minutes or until internal temperature reaches 135°F with meat thermometer inserted into the thickest part of the steak.
- Place foil tortilla packet on outer edge of grill to warm; turn once.
- Transfer steaks to a platter and let rest for 5-10 minutes before slicing against the grain, into ¼-inch thick strips. Serve with tortillas and condiments of your choice.

### Nutrition Information

Nutrition information per serving: **Calories 560; Total fat** 21g (Sat. fat 7g; Trans fat 0.5g); **Cholest.** 75mg; **Sodium** 1070mg; **Total Carb.** 59g; Fiber 3g; Total Sugars 8g; **Protein** 32g; Vit D (2% DV); Calcium (15% DV); Iron (30% DV); Potas. (16% DV)

**45  
MINUTES**

**MAKES 8  
SERVINGS**

**16  
INGREDIENTS**

# Texas-Style Chili

### INGREDIENTS

2 lbs. lean Ground Beef, (90% lean)  
1 Tbsp. vegetable oil  
1 large onion, chopped  
1 green bell pepper, chopped  
1 jalapeño pepper, ribs and seeds removed, chopped  
4 cloves garlic, minced  
2 Tbsp. chili powder  
1 Tbsp. paprika  
1 Tbsp. ground cumin  
1 Tbsp. dried oregano  
½ tsp. freshly ground black pepper

½ tsp. Kosher salt  
1 can (8 oz.) tomato sauce  
1 can (10 oz.) diced tomatoes and green chilies, undrained  
1 cup beer  
½ cup (2 oz.) shredded reduced-fat sharp cheddar cheese

### OPTIONAL TOPPINGS:

Sour cream  
Sliced green onions  
Shredded cheddar cheese

### PREPARATION

- Heat a large Dutch oven over MEDIUM-HIGH heat; add oil. Lower heat to MEDIUM; add onion, bell pepper and jalapeño pepper stirring occasionally until tender, approximately 4-7 minutes. Add garlic; cook for an additional 1 minute.
- Add Ground Beef. Cook for 8-10 minutes, breaking beef into small crumbles and stirring occasionally.
- Add chili powder, paprika, cumin, oregano, black pepper and salt; cook 1 minute.
- Add tomato sauce, diced tomatoes and green chilies, and beer; bring to a boil. Reduce heat to LOW. Cover and cook 30 minutes. Add shredded cheese. Serve with your favorite toppings.

### Nutrition Information

Nutrition information per serving: **Calories 280; Total fat** 15g (Sat. fat 6g; Trans fat 0.5g); **Cholest.** 80mg; **Sodium** 640mg; **Total Carb.** 9g; Fiber 2g; Total Sugars 3g; **Protein** 26g; Vit D (2% DV); Calcium (10% DV); Iron (25% DV); Potas. (20% DV)

**10  
HOURS**

**MAKES 4  
SERVINGS**

**9  
INGREDIENTS**

# Shredded Beef Breakfast Tacos

### INGREDIENTS

3 lbs. Brisket  
2 tsp. salt  
2 tsp. freshly ground black pepper  
1 large onion, sliced  
4 cloves garlic, minced  
12 oz. jar tomato Sofrito  
1 tsp. ground chipotle chili (or more for an extra kick)  
4 eggs  
4 flour tortillas

### OPTIONAL TOPPINGS:

Salsa  
Shredded cheese  
Cilantro  
Onion

### PREPARATION

#### Slow Cooker Brisket Sofrito:

- Season Brisket on both sides with salt and pepper.
- Place onion and garlic in a 3 ½-5-quart slow cooker. Place Brisket on onions and garlic, fat side up. Pour Sofrito over Brisket and sprinkle chipotle chili over sauce. Cover and cook on LOW 9-10 hours or until Brisket is fork tender.
- Carefully remove Brisket from cooker with as little sauce as possible. Place on cutting board and cut into three pieces against the grain. Shred beef with two forks and return to cooker. Stir into sauce and season with salt and pepper (and a little more chipotle seasoning if you like it spicy). Salt and pepper, as desired.

#### Shredded Beef Breakfast Tacos:

- Heat leftover Slow Cooker Brisket Sofrito.
- Scramble eggs.
- Fill tortillas with shredded Slow Cooker Brisket Sofrito, eggs and desired toppings.

### Nutrition Information

Nutrition information per serving: **Calories 469; Total fat** 25g (Sat. fat 7g; Trans fat 1g); **Cholest.** 255mg; **Sodium** 1239mg; **Total Carb.** 20g; Fiber 2g; Total Sugars 2g; **Protein** 40g; Vit D (10% DV); Calcium (8% DV); Iron (25% DV); Potas. (21% DV)

**3 ½  
HOURS**

**MAKES 8-10  
SERVINGS**

**13  
INGREDIENTS**

# Mexican Pot Roast

### INGREDIENTS

2 ¼-3 lbs. Chuck Roast  
2 Tbsp. vegetable oil  
3 Tbsp. all-purpose flour  
½ tsp. salt  
½ tsp. black pepper  
1 cup Mexican beer (recipe tested with Corona)  
1 can (10 oz.) diced tomatoes and green chilies

1 can (15 oz.) corn, drained  
1 can (15 oz.) black beans, drained and rinsed  
1 cup prepared pico de gallo  
1 cup prepared picante sauce  
Shredded Mexican cheese blend  
20 flour tortillas

### Nutrition Information

Nutrition information per serving: **Calories 310; Total fat** 11g (Sat. fat 4g; Trans fat 0g); **Cholest.** 85mg; **Sodium** 790mg; **Total Carb.** 23g; Fiber 5g; Total Sugars 4g; **Protein** 30g; Vit D (2% DV); Calcium (4% DV); Iron (25% DV); Potas. (20% DV)

### PREPARATION

- Preheat oven to 325°F.
- Heat oil in Dutch oven over MEDIUM-HIGH heat, until hot.
- Combine flour, salt and pepper in zip-top plastic bag. Add roast and turn to coat evenly. Place roast in hot Dutch oven. Brown on all sides.
- Add beer, tomatoes, corn, black beans, pico de gallo and picante sauce. Cover tightly with lid and place in preheated oven. Cook 3-3 ½ hours, or until fork tender.
- Remove from oven, allow to cool 10-15 minutes. Shred beef with fork, removing any remaining fat. Stir to incorporate all ingredients in Dutch oven.
- Serve on flour tortillas topped with grated cheese.

**Suggestions:** Great for leftovers! We like this stuffed in a pita, as quesadillas, in soft or crispy taco shells, and in enchiladas and nachos.

**30  
MINUTES**

**MAKES 4-6  
SERVINGS**

**10  
INGREDIENTS**

# Carne Asada

### INGREDIENTS

2 lbs. Flank Steak, trimmed  
½ cup fresh lime juice  
½ cup fresh orange juice, about 2 oranges  
½ cup olive oil  
2 Tbsp. red wine vinegar  
2 tsp. salt  
1 tsp. freshly ground black pepper  
1 tsp. ground cumin  
1 tsp. dried oregano  
4 cloves garlic, minced

### PREPARATION

- Preheat gas or charcoal grill to 400°F.
- In a medium-sized bowl, whisk together lime juice, orange juice, olive oil, vinegar, salt, pepper, cumin, oregano and garlic. Pour into a 9x12-inch baking dish.
- Add flank steak. Turn to coat both sides in marinade. Cover with plastic wrap and place in fridge to marinate for up to 4 hours. Remove meat and discard marinade.
- Place steaks on oiled grates and grill for approximately 8-10 minutes on one side, or until moisture starts to pool on the top and beef releases easily from grates with tongs. Flip once, grilling on the other side for 8-10 minutes or until internal temperature reaches 135°F with meat thermometer inserted into the thickest part of the steak.
- Transfer steaks to a platter and let rest for 5-10 minutes before slicing against the grain.

**Suggestions:** Serve with rice, beans, guacamole and tortillas.

### Nutrition Information

Nutrition information per serving: **Calories 280; Total fat** 15g (Sat. fat 5g; Trans fat 0g); **Cholest.** 100mg; **Sodium** 280mg; **Total Carb.** 2g; Fiber 0g; Total Sugars 1g; **Protein** 32g; Vit D (0% DV); Calcium (4% DV); Iron (15% DV); Potas. (15% DV)

**16  
MINUTES**

**MAKES 4  
SERVINGS**

**12  
INGREDIENTS**

# Tequila & Lime Marinated Flank Steak

### INGREDIENTS

1 ½ lbs. Flank Steak  
½ cup low-sodium soy sauce  
½ cup tequila  
1 tsp. ground cumin  
1 tsp. dried oregano  
2 tsp. salt  
1 tsp. freshly ground black pepper

½ cup fresh lime juice, about 2 large limes  
½ cup cilantro, chopped  
½ cup shallots, chopped  
5 cloves garlic, minced  
½ cup olive oil

### Nutrition Information

Nutrition information per serving: **Calories 430; Total fat** 22g (Sat. fat 6g; Trans fat 0g); **Cholest.** 110mg; **Sodium** 540mg; **Total Carb.** 3g; Fiber <1g; Total Sugars 0g; **Protein** 36g; Vit D (0% DV); Calcium (6% DV); Iron (15% DV); Potas. (18% DV)

### PREPARATION

- Combine all marinade ingredients in a small bowl. Place beef and marinade in a zip-top plastic bag. Turn steak to coat and lay in shallow baking pan. Place in refrigerator 6-24 hours, turning occasionally. The longer the steak is marinated the more tender and flavorful it becomes.
- Preheat gas or charcoal grill to 400°F.
- Remove meat and discard marinade. Place steaks on oiled grates and grill for approximately 5 minutes on one side, or until moisture starts to pool on the top and beef releases easily from grates with tongs. Flip once, grilling on the other side for 5 minutes or until internal temperature reaches 135°F with meat thermometer inserted into the thickest part of the steak.
- Transfer steaks to a platter and let rest for 5-10 minutes before slicing against the grain.

**Suggestions:** Serve as steak, in fajitas or on top of a fresh salad!

**45  
MINUTES**

**MAKES 4  
SERVINGS**

**14  
INGREDIENTS**

# Stevenson Family Steak Enchiladas

### INGREDIENTS

2 lbs. leftover grilled steak, (preferably Sirloin)  
1 tsp. salt  
1 tsp. black pepper  
1 tsp. ground cumin  
1 tsp. onion powder  
1 tsp. garlic powder  
1 can (28 oz.) enchilada sauce

1 medium white onion, diced  
1 medium red onion, diced  
¼ cup oil  
24 corn tortillas  
1 cup shredded cheese  
2 large tomatoes, chopped  
1 bunch cilantro

### Nutrition Information

Nutrition information per serving: **Calories 530; Total fat** 19g (Sat. fat 6g; Trans fat 0g); **Cholest.** 70mg; **Sodium** 1520mg; **Total Carb.** 57g; Fiber 4g; Total Sugars 10g; **Protein** 32g; Vit D (0% DV); Calcium (20% DV); Iron (50% DV); Potas. (15% DV)

### PREPARATION

- Preheat oven to 350°F.
- Slice leftover grilled steak. Set aside.
- Mix dry ingredients and sprinkle onto steak. Heat seasoned steak on skillet with 1 Tbsp. of enchilada sauce and set aside.
- Heat ¼ cup oil and 1 Tbsp. of enchilada sauce in skillet over MEDIUM heat. Fry tortillas flipping three times.
- Coat bottom of baking pan with enchilada sauce.
- Roll steak, white onions and cheese into cooled tortilla, tightly lining pan.
- Top with remaining sauce, cheese, tomatoes and red onion. Bake for 15 minutes.
- Garnish with fresh cilantro.