

BEEF STEAK & BLACK BEAN SOFT TACOS

This steak taco recipe gets extra flavor from a black bean and salsa paste and fresh toppings. This Beef. It's What's For Dinner recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound beef Bottom Round Steaks, cut ¼ inch thick
- 1 cup salsa, divided
- 2 teaspoons chile powder
- 1½ teaspoons ground cumin, divided
- 1 can (15 ounces) no-salt added black beans
- 8 small corn tortillas (5 to 6-inch diameter), warmed
- 1 cup diced tomatoes
- ½ cup shredded lettuce
- ½ cup diced red onion
- 2 tablespoons plus 2 teaspoons chopped fresh cilantro leaves
- 1 medium ripe avocado, cut into 8 thin slices
- 1 lime, cut into 8 wedges



COOKING

1. Combine ½ cup salsa, chile powder and 1 teaspoon cumin. Place beef Steaks and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Combine 1 cup beans, remaining ½ cup salsa and remaining ½ teaspoon cumin in medium microwave-safe bowl. Mash with fork into chunky paste. Cover and microwave on HIGH 1 to 2 minutes or until hot, stirring once. Keep warm.
3. Meanwhile, heat large nonstick skillet over medium-high heat until hot; remove from heat and coat with nonstick spray. Remove steaks from marinade; discard marinade. Cooking in batches, if necessary, place steaks in skillet (do not overcrowd) and cook 2 to 3 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Remove steaks from skillet; keep warm. Repeat with remaining steaks.
4. Spread bean mixture evenly on tortillas. Cut steaks into 4 pieces each and divide evenly among tortillas. Top beef with remaining ½ cup beans, tomatoes, lettuce, red onion, cilantro, avocado and lime wedge, as desired. Fold tortillas in half to serve.

Nutrition information per serving, using choice grade beef: 478 Calories; 144 Calories from fat; 16g Total Fat (3 g Saturated Fat; 4 g Trans Fat; 0 g Monounsaturated Fat); 66 mg Cholesterol; 450 mg Sodium; 56 g Total Carbohydrate; 13.6 g Dietary Fiber; 36 g Protein; 6.4 mg Iron; 8 mg NE Niacin; 0.9 mg Vitamin B₆; 3.3 mcg Vitamin B₁₂; 4.9 mg Zinc; 39 mcg Selenium; 92.9 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety