

Carne Asada



Serves 6

Ingredients:

- 1 1/2 pounds flank steak
- 4 fresh garlic cloves, chopped
- 1 small jalapeno pepper, finely chopped
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 2 limes, juiced

- 1 large orange, juiced
- 1 1/2 cups beef broth
- Salt, to taste
- Lettuce
- 1 1/2 avocados

Instructions:

1. Slice the flank steak on the diagonal into thin strips.
2. Combine all ingredients in a large zip-top bag or in a shallow dish. Meat should be completely covered in liquid.
3. Marinate in the refrigerator at least 3 hours.
4. Remove meat from the refrigerator, and drain off the marinade. Lightly salt the steak. The meat can be cooked in a skillet with coconut oil or grilled.
5. Cook 3-6 minutes on each side for medium-rare.
6. Serve over lettuce with avocado.

Nutrition per serving: Calories 168; Total Fat 4.5 g; Saturated Fat 1.6 g; Monounsaturated Fat 1.9 g; Polyunsaturated Fat: 0.3 g; Total Carbohydrates 4.1 g; Dietary Fiber 0.5 g; Sugar Alcohols 0.0 g; Sugars 1.6 g; Protein 28.6 g; Sodium 299 mg