

Beef Steak and Black Bean Soft Tacos

Our family loves black beans...almost as much as we love Tacos. Here is this recipe from the Texas Beef Council. You can find many more of their recipes at <http://www.txbeef.org>

- 1 pound beef Bottom Round Steaks, cut 1/4 inch thick
- 1 cup salsa, divided
- 2 teaspoons chili powder
- 1-1/2 teaspoons ground cumin, divided
- 1 can (15 ounces) reduced sodium black beans, rinsed, drained, divided
- 1 tablespoon vegetable oil
- 8 small corn or flour tortillas (5 to 6-inch diameter), warmed

Toppings: Thinly sliced lettuce, sliced avocado, chopped tomato, salsa, crumbled queso fresco and cilantro leaves (optional)

Nutrition Facts	
Serving Size 2 taco	
Servings Per Container 4	
Amount Per Serving	
Calories 308	Calories from Fat 81
% Daily Values*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 508mg	21%
Total Carbohydrate 29g	10%
Dietary Fiber 6.6g	26%
Sugars 0g	
Protein 30g	60%

*Percent Daily Values are based on a 2,000 calorie diet.

Combine 1/2 cup salsa, chili 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.

Combine 1 cup beans, remaining 1/2 cup salsa and 1/2 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.

Meanwhile, heat 1-1/2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Remove steaks from marinade; discard marinade. Cooking in batches, 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 and oil.

Spread bean mixture evenly on tortillas. Cut steaks into 4 pieces each and divide evenly among tortillas. Top beef with remaining beans and Toppings, as desired. Fold tortillas in half to serve.

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about?

Visit the Family Dinner Project website at <http://thefamilydinnerproject.org> for conversation starters. Mix is up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.

