COLORADO PROUD
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FarmFresh
Recipes

AvailableNow...

Beef

The cattle industry is Colorado's largest agricultural sector. Colorado ranks 10th in the nation for cattle numbers, with 2.8 million head of cattle throughout the state.

Tips and Nutrition

Beef is a great source of 10 essential nutrients that support a heart-healthy lifestyle including protein, zinc, iron and B vitamins.

FreshInspirations...

Fiery Fajitas

Ingredients

3 lb. Skirt Steak
4 tbsp. Cajun Seasoning
2 Red Peppers, sliced
2 Green Peppers, sliced
2 Sweet Yellow Onions, sliced
2 tbsp. Vegetable Oil
1 tbsp. Spicy Seasoning

Directions

For Beef: After trimming the skirt steak, rub all sides with 3 tbsp. Cajun seasoning then place onto a cookie sheet and allow to sit at room temperature for 10 minutes. Preheat grill to high temperature, approximately 7-10 minutes. Place beef on grill and sear for 5-7 minutes. Turn the beef to the other side and allow to char, and cook to desired doneness. Remove from the grill, place onto a cutting board and allow to rest for 5 minutes. Slice the skirt steak against the grain.

For Peppers: Place sliced peppers and onions in medium stainless steel mixing bowl then add oil and mix well. Add Cajun and spicy seasonings, mix well and allow to sit for 15 minutes to marinate. Preheat cast iron skillet to high temperature for 7-10 minutes. Place peppers and onions in skillet and cook until caramelized, turning as needed.

Serve fajita beef and peppers with tortillas, sour cream, salsa, cheese and guacamole or place on a bed of lettuce for a fajita salad.

Enjoy with a glass of Colorado wine such as "Tyrannosaurus Red" Lemberger from Carlson Vineyards in Palisade, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... Colorado Beer