

Carne Asada

HolisticQ Signature Recipe

Carne Asada is a dish of grilled or seared sliced beef, usually skirt steak, sirloin steak, tenderloin steak, or rib steak. We prefer Top Sirloin. We also like to cook ours in a cast iron skillet. Chili Powder is our spice of choice this week. A good chili powder will be salt free allowing you to add salt to taste. The common spices in chili powder are chili pepper, cumin, oregano, and garlic. Carne asada can be served as a main dish or as an ingredient in other dishes. One of our favorites!

Ingredients:

2 pounds steak of choice **cut cross grain** into strips about 1/2 inch wide
1 teaspoon salt
2 tablespoons chili powder (salt free)
3 tablespoons coconut oil

Cut steak as described above. Pre-heat skillet over medium heat.

Meanwhile, place all ingredients in a large bowl and combine until spices and oil are well distributed. Place entire contents into pre-heated skillet and cook uncovered until steak is cooked through and caramelized (about 30 min), stirring and turning often.

Enjoy this wonderful meal with avocado, grilled onions, and brown rice. Corn tortillas are fantastic also!