

chattavore

STEAK TACO BOWL

Prep time: 30 minutes

Cook time: 15 minutes

Serves 4

For the Chipotle Cream

- 1/4 cup sour cream
- 1/4 teaspoon chipotle chili powder
- juice of 1/2 lime
- salt to taste

For the bowl

- 1-1 1/2 pounds flank steak, skirt steak, or sirloin tip steak
- 1/2 teaspoon salt
- 1 tablespoon oregano
- 2 tablespoons olive oil, vegetable oil, or canola oil
- 1 medium onion, thinly sliced
- 1 red, yellow, or orange bell pepper, seeded and thinly sliced
- 8 ounces cremini or button mushrooms, wiped clean and quartered
- 2 medium zucchini, scrubbed clean and cut into 1-inch diced
- salt to taste
- 1 avocado, seeded and diced
- 4 tablespoons crumbled queso fresco (about 2 ounces)

1. Trim the fat from the edges of the steak. Place on a baking sheet and freeze for 15 minutes. In a small bowl, stir together the sour cream, chipotle powder, and lime juice. Taste and salt to taste.
2. Remove the steak from the freezer and slice against the grain as thinly as possible. Run the knife through the meat on the cutting board several times to chop the meat into very small pieces. Place the meat in a bowl and season with salt and oregano.
3. In a large (12-inch) skillet, preheat one tablespoon of the oil over medium-high heat. Add the meat in an even layer and cook without stirring until brown and beginning to form a crust. Stir and continue to cook until the meat is very brown with some crisp, dark edges. Remove to a clean bowl and wipe out the skillet.
4. Preheat the remaining oil over medium-high heat. Add the onions to the pan and cook until they begin to soften, about 2 minutes. Add the peppers and cook until the onions and peppers are almost tender. Add the mushrooms and zucchini and cook until softened. Season with salt to taste.
5. Add the meat back to the pan. Stir and cook until heated through. Divide among 4 bowls and top with the avocado, crumbled queso fresco, and 1 tablespoon each of the chipotle cream.

Notes

The prep time includes inactive prep to freeze the meat.