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## **Beef Fajitas**

(Directly from Anabolic Cooking)

### **Ingredients:**

1 lb beef tenderloin, cut in strips  
1 tsp olive oil  
1 large spanish onion, cut into thin wedges  
1 large green pepper, cut into thin strips  
1 large sweet red pepper, cut into thin strips  
1/3 cup low-sodium chicken broth  
1/4 cup lime juice  
2 tbsp low-sodium soy sauce  
2 tsp honey  
2 tsp cornstarch  
1 tsp minced garlic  
1/2 tsp ground cumin  
8 small whole wheat tortillas  
2 cups shredded leaf lettuce  
1 cup guacamole  
1 cup salsa

### **Directions:**

1. Cook the beef strips in a large non-stick skillet. Set aside
2. In the same skillet over medium heat, add the onions, green peppers, and red peppers. Cook, stirring occasionally, for 7-8 minutes or until tender.
3. In a small bowl, combine the broth, lime juice, soy sauce, honey, cornstarch, garlic, and cumin; mix well to dissolve the cornstarch.
4. Add broth mixture to the skillet and stir constantly for 1 to 2 minutes, or until slightly thickened.
5. Add the beef and stir to combine.
6. Microwave the tortillas for 1 minute, or until warm.
7. Divide the beef mixture and lettuce among the tortillas. Top with the guacamole and salsa.
8. Roll up the tortillas to enclose the filling. Scarf!