

Carne Asada Burritos A Latin American Steak

Burrito

INGREDIENTS DIRECTIONS

Serves 7

1½ pounds skirt steak

½ sliced onion

2 tablespoons honey

1 tablespoon canola oil

½ teaspoon cumin

½ tablespoon chili powder

2 ounces apple cider

4 ounces water

7 white tortillas (6")

Sour cream, as desired

1. Place skirt steak, onion, apple cider, spices, honey and water in slow cooker. Cook on low heat for 8 hours.
2. Shred the cooked meat and serve in the tortillas – Garnish with sour cream.

NUTRITION:

310 calories

30 g protein

300 mg phosphorus

420 mg potassium

280 mg sodium