

## Carne Asada Soft Taco

A spicy mix of grilled flank steak, onions, red bell peppers and jalapenos, tossed in a chipotle BBQ sauce and served on a flour tortilla.



Yield	6-1/4 lbs (10 oz each)
Serves	10
Preparation time	15 minutes
Cooking time	15 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	fl oz	2	tbsp	Olive oil	
4	lb			Beef flank steak	
1	lb			Onions	yellow
1	lb			Red bell peppers	
1	fl oz	2	tbsp	Olive oil	
1	oz	1	each	Chili pepper, Jalapeño	sliced, de-seeded
1	oz	1/2	cup	Cilantro	chopped
7	oz	3/4	cup	Barbecue sauce	
5	oz	1/2	cup	<u>MINOR'S® Chipotle Flavor Concentrate Gluten Free 6x14.4 oz.</u>	
24	oz	20	each	Flour tortillas	6-inch

### Preparation Steps

1. Coat flank steak in 2 tbsp of the olive oil, season to taste, and grill to desired temperature. Reserve.
2. Peel the onions and cut each into 3 large rings. Toss the onions and red bell peppers in 2 tbsp of olive oil, season to taste and grill until tender. Remove seeds from red bell peppers and roughly chop the onions and red bell peppers, mix together with jalapeno and cilantro.
3. Thinly slice the flank steak on a bias and mix with the vegetables.
4. Combine bbq sauce and Chipotle Flavor Concentrate, toss with the carne asada mixture. Warm the tortillas and fill each tortilla with 5-6 oz of mixture, serve 2 per order.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	618.7
Energy (KJ)	2603.2
Protein (g)	46
Carbohydrate, total (g)	54.5
Fats, total (g)	23.3
Sugars, total (g)	11.8
Fats, saturated (g)	6.2
Fiber, total dietary (g)	4.5
Sodium (mg)	932.7
Calcium (mg)	160.3
Cholesterol (mg)	59.9
Iron (mg)	5.8
Vitamin A (µg_RAE)	145.8
Vitamin C (mg)	91.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

