

Flank Steak

Cut From:
Flank

\$18.59/ lb + tax

Best Prepared

- On the grill or seared in a cast iron pan
- Cut against the grain

Meal Suggestion:

- On its own
- Carne asada
- Steak salad
- Canyon Meadows Ranch Fajitas (see recipe card)

Canyon Meadows Ranch Farmer's Market Fajitas on the Grill

Serves: 3-4 People

Prep time: 10-15 Minutes

Cook Time: Aprox. 10-20
minutes

Ingredients:

- Canyon Meadows Ranch grass-fed Ranchera, Flank, Skirt, Ribeye, or London Broil
- Fresh green and red bell peppers from the farmer's market
- Olive oil
- Salt, pepper, cumin, red pepper, garlic powder, and onion powder
- Large flour tortillas
- Shredded aged cheddar cheese
- Toppings such as sour cream, diced tomatoes, guacamole, and salsa

Directions

1. Slice and sauté the vegetables in the skillet with a little olive oil
2. Grill the beef over direct high heat for 3 to 5 minutes on each side, then set aside un-covered to rest for 5 minutes or so while the vegetables finish
3. Put the vegetables in a dish and return the skillet to heat
4. Slice the beef into thin strips (slice against the grain)
5. Layer beef, vegetables and grated cheese in a line across the tortilla, slide it onto the skillet and cover for 20 seconds or so to melt the cheese and warm the tortilla
6. Add toppings and enjoy!

Tips:

Because of how it is raised, Canyon Meadows Ranch Natural Grass Fed Beef has great natural beef flavor – it doesn't need covered up! If you prefer rubs, marinades or sauces use light ones that complement, rather than cover the flavor.