FC Good Food

"I HATE TO COOK"

▶▶▶▶▶ From page 105

One-Pot

BBO BEEF AND VEGGIE FAJITAS

Makes: 4 servings at \$1.98 each. Prep: 10 minutes. Cook: 15 minutes.

- 2 tablespoons oil
- 1 medium-size onion, sliced
- 1 pound beef strips for stir-fry 2 zucchini, cut into matchsticks
- 1 cup frozen pepper strips
- ½ teaspoon chili powder
- ½ teaspoon salt
- 1/4 teaspoon pepper 1/3 cup bottled barbecue sauce
- ½ cup shredded cheddar cheese
- 1/4 cub sour cream
- 8 flour tortillas (6 inch)
- 1. Heat oil in large skillet. Add onion; cook 5 minutes. Add beef and zucchini cook 3 to 4 minutes.
- 2. Add pepper strips, chili powder, salt and pepper; cook 2 minutes. until meat is cooked through. Add sauce. Heat through. Serve with cheese, sour cream and tortillas.

Nutrient Value Per Serving:

558 calories, 30 g fat (9 g saturated), 36 g protein, 37 g carbohydrate, 3 g fiber, 1,083 mg sodium, 80 mg cholesterol.

traon