

Mexican Steak Soft Tacos

Total Recipe Time: 15 to 20 minutes

12 ounces grilled beef steak, cut into slices
1/2 cup sour cream
2 teaspoons fresh lime juice
1 clove garlic, minced
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup drained canned black beans
1/2 cup chopped seeded tomatoes
3 cups thinly sliced romaine lettuce
4 medium whole wheat or flour tortillas (8 to 10-inch diameter)



1. Combine sour cream, lime juice, garlic, salt and pepper in small bowl.
2. Spread each tortilla evenly with sour cream mixture leaving 1/2-inch border around edge. Top with black beans; place steak slices on 1 side of each tortilla. Top with tomatoes and lettuce. Fold tortillas in half to serve.

Makes 4 servings

Nutrition information per serving, using top sirloin steak: 326 calories; 12 g fat (5 g saturated fat; 2 g monounsaturated fat); 64 mg cholesterol; 505 mg sodium; 30 g carbohydrate; 4.7 g fiber; 32 g protein; 8.5 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 3.3 mg iron; 30.7 mcg selenium; 5.5 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of fiber and iron.

Recipe adapted from and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons

