

Make your own Fajitas

(Serves 10)

Ingredients:

6 tbsp. vegetable oil

2 large onions, sliced

2 red or yellow peppers, thinly sliced

½ tsp. ground cumin

¼ tsp. paprika

8 boneless, skinless, chicken breast halves, cut into strips, or, 1-½ lbs. sirloin steak, cut into strips, or 2 lbs. small shrimp (shelled and deveined), or, 4 cups of mixed

vegetables, cut into small pieces

warm flour tortillas

¼ tsp. cayenne pepper

1/3 tsp. garlic powder

¼ tsp. dried oregano, crumbled

¼ tsp. dried thyme, crumbled

1 cup canned low-sodium chicken broth

salsa

guacamole

shredded cheddar or Monterey Jack cheese

sour cream

Directions:

Heat oil in large skillet over medium-high heat. Sauté onions and peppers until almost tender, about 10 minutes. Add cumin, paprika, cayenne, garlic powder, oregano and thyme. Continue cooking about 1 minute. Mix in broth; bring to boil. Add chicken, beef, shrimp or vegetables and stir until cooked through, about 5 minutes. Keep warm until ready to serve and arrange tortillas and accompaniments.

Suggested Wines: Riunite D'Oro

