

Marinated Beef

Tender and tasty for fajitas!



Level: Medium

Serves: 4

Kids' Tool Kit

Cutting board



Sharp knife

Medium glass bowl

Plastic wrap

Measuring spoons

Measuring cups

Large skillet

Large spoons

Chef's Choice

Marinated Beef

Flour tortilla

Sautéed onions and green peppers

Salsa

Low fat milk

Nutrition Facts

Serving Size 3 ounces (108g)
Servings Per Container 4

Amount Per Serving
Calories 270 Calories from Fat 200

% Daily Value*

Total Fat 22g 34%

Saturated Fat 4.5g 23%

Cholesterol 50mg 17%

Sodium 330mg 14%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 18g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 12 ounces beef round steak
- 1 clove garlic, minced, or ¼ teaspoon garlic powder
- 2 tablespoons lemon juice
- 4 tablespoons vegetable oil, divided
- ½ teaspoon salt
- ½ teaspoon pepper



Directions:

Remember to wash your hands!

1. Using a cutting board and sharp knife, cut round steak across the grain into thin strips, about ½ inch wide and 2 to 3 inches long.
2. In a medium glass mixing bowl, combine garlic, lemon juice, 2 tablespoons vegetable oil, salt and pepper.
3. Add beef strips and stir to coat with the marinade sauce. Cover bowl with plastic wrap and refrigerate about 2 hours.
4. In a medium skillet over medium-high heat, heat 2 tablespoons oil 1 to 2 minutes or until hot.
5. Drain marinade. Put beef in skillet, stir and cook 5 to 7 minutes or until meat is thoroughly browned.



Helpful Hints: Kids may need help cutting and cooking the meat in this recipe.

The acid in a marinade helps tenderize meat. If you don't have lemon juice, try substituting tomato, lime or grapefruit juice; vinegar; yogurt; milk; or buttermilk. Marinades also add flavor. Try adding herbs such as marjoram, thyme, and rosemary for more flavor variations.



Safety Tip: Don't let the oil get too hot. Remember hot oil may splatter when ingredients are added.

If you would like to use some of the marinade for basting the meat as it is cooking, set some of the marinade aside before adding it to the raw meat. The liquid left from marinating the meat should be discarded. It contains bacteria from the raw meat that can make you sick.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.