

Carne Asada Tacos

Carne Asada Tacos are super easy to make, particularly if you purchase the Ranchera Marinada at a Mexican market. However, you can make the optional marinade and allow 24 hours for the marinade to tenderize the beef. The Ranchera Marinada is called Flap Meat. Another option is to use skirt steak or flank steak. Thicker cuts of meat will take more cooking time on the BBQ. I recommend serving with Mexican Street Corn, which takes 10 minutes to make. Just cook the corn in boiling water. Slather on a mayo-based sauce with cumin, cayenne, pepper and lime and dust with cotija or parmesan cheese. Recipe at FreshFoodinaFlash.com

1 pound beef flap meat, marinated (or skirt steak/flank steak)
4 ounces queso fresca
2 cups lettuce leaves shredded
20 corn tortillas

Guacamole

2 avocados
1 large plum tomato, diced
1 small jalapeno chile, seeded and deveined (amount to taste)
2 cloves garlic
1 shallot
½ lime, juiced
1 salt & pepper to taste
¼ cup fresh cilantro chopped (optional)

Marinade (for unmarinated meat)

¼ cup beer
⅛ cup fresh lime juice
⅛ cup fresh lemon or orange juice
¼ cup onion, minced
2 cloves garlic clove, minced
½ seeded jalapeno, sliced thin
½ teaspoon cumin, ground
¼ teaspoon coriander, ground
½ teaspoon paprika
½ teaspoon kosher salt
¼ teaspoon black pepper
¼ cup fresh cilantro, chopped (optional)

- 1 Mix together marinade ingredients if meat is unmarinated. Pour over meat in a container or ziploc bag and refrigerate for 24 hours. Occasionally rotate meat through the marinade.
- 2 Make Guacamole. Peel shallot and garlic cloves, remove seeds, stem and ribs from the jalapeno and process in a food process until minced. Add cilantro and process until mixture is minced.
- 3 While things are moving along, cook corn on the cob in boiling water for 5 minutes for Mexican Street Corn. Just before serving, slather on the sauce and dust with cotija or parmesan cheese.
- 4 In a small bowl, remove avocado from shell and dice with a knife. Add diced tomato and cilantro mixture. Stir until combined. Place on the table with bowls of shredded lettuce and queso fresca chunks.
- 5 Prepare BBQ and oil grill. Drain the meat from the marinade and place it on the grill. Grill 3 minutes per side or until you have a semi-rare center. Place in a bowl or platter and let rest 5-10 minutes. Cut the meat across the grain into strips and pieces and keep in a covered bowl.
- 6 While the meat is cooking, warm the tortillas in the microwave and keep in a covered bowl.
- 7 Serve with the Mexican Street Corn and let your guests assemble their Carne Asada Tacos and enjoy this Fresh Food in a Flash.

Servings: 4

Preparation Time: 20 minutes

Cooking Time: 6 minutes

Total Time: 26 minutes

Nutrition Facts

Nutrition (per serving): 880 calories, 331 calories from fat, 38.1g total fat, 93.3mg cholesterol, 797.9mg sodium, 1807mg potassium, 103.8g carbohydrates, 15.3g fiber, 6.5g sugar, 40.4g protein.

Source

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