

Easy Steak Fajitas

This recipe makes 4 servings



Ingredients

1 - 28 oz bag frozen steak fajita mix

This recipe was contributed by John In Bibs

Directions:

1. Bake the fajita mix according to the directions on the package.
2. Place on parchment or silicone lined trays.
3. Freeze until solid.
4. Freeze dry.
5. Store in one serving portions in mylar bags for long-term storage.
6. I also freeze dried individual servings of picante sauce and Easy Chicken Fried Rice to go with the Fajitas.

Rehydration:

In a bowl, combine water and fajitas at a 1:1 ratio. Stir and cover. Let it sit for 5 minutes. Stir and let sit for an additional 2 minutes.

Another method is to heat 1-2 tbsp of oil in a skillet over medium heat. Add the freeze-dried steak and vegetables directly into the pan. Pour in just enough water (or broth) to cover the bottom of the pan. Cover and let it steam for 5-7 minutes, stirring occasionally. Once rehydrated and excess liquid is evaporated, sauté for an additional 2-3 minutes for that fajita-style caramelization.

Notes:

You can enjoy these flavorful fajitas in multiple ways! Serve them over fried rice for a hearty meal, or roll them into a warm tortilla for a classic fajita experience—don't forget to top them with melted cheese and a dollop of sour cream for extra indulgence!

Nutritional Value Per 1 serving fajitas only

Calories: 140 Protein: 10 g Fat: 8 g Carbohydrates: 12 g Sugar: 4 g Fiber: 2 g