



Skillet Carne Asada

Prep: 15 minutes plus standing

Roast: 25 minutes • Serves: 8

- 1 (2-pound) top round beef roast
- 1 tablespoon **PICS canola oil**
- 3½ tablespoons carne asada seasoning
- 8 (6-inch) **PICS soft flour tortillas**
- 1 avocado, peeled, pitted and diced

Garnishes: chopped white onion, cilantro sprigs, lime wedges, crushed red pepper flakes, pomegranate seeds

1. Brush roast with oil and sprinkle with seasoning; let stand 1 hour at room temperature.

2. Preheat oven to 400°. Heat large oven-safe or cast iron skillet over high heat 3 minutes; add roast, cover and cook 6 minutes or until outside is browned, turning occasionally. Transfer skillet with roast to oven; roast 15 minutes or until internal temperature reaches 135°.

3. Transfer roast to cutting board; tent with aluminum foil and let stand 10 minutes before slicing. (Internal temperature of roast will rise to 145° upon standing for medium-rare.) Thinly slice roast across the grain; serve with tortillas, avocado and garnishes, if desired.

Approximate nutritional values per serving:

332 Calories, 15g Fat (3g Saturated), 73g Cholesterol, 614mg Sodium, 20g Carbohydrates, 5g Fiber, 29g Protein

Chef Tip

Complete this dish with warm black beans and cherry tomatoes, cooked jasmine rice with chopped cilantro and crumbled queso fresco.