

Ropa Vieja Style Sandwiches

Submitted by Krista Escobedo

2 1/2 to 3-pound flank steak	1 1/2 tsp chili powder
3/4 tsp salt	1 tsp ground cumin
1/2 tsp freshly ground black pepper	1 C sliced bell peppers (any color. I prefer orange, yellow or red)
1 C chunky salsa	1/2 C drained, sliced pimiento-stuffed olives
1 C low-sod. beef stock/broth	8 French bread rolls
1 C diced onion	
1 tsp brown sugar	
1 1/2 tsp dried oregano	

Spray a 4-quart slow cooker with nonstick cooking spray. Cut steak into 4 pieces. Sprinkle with salt and pepper. Place salsa, beef stock, onion, brown sugar, oregano, chili powder, and cumin in prepared slow cooker, stirring to combine. Add steak to mixture and turn to coat with sauce. Cover and cook on HIGH for 3-4 hours or LOW for 5-6 hours, or until meat falls apart when lifted. Add peppers to slow cooker during last hour of cooking. Transfer meat to a cutting board; let stand for 15 minutes. Using 2 forks, shred and return to slow cooker. Stir in olives. Keep warm. Spoon meat and pepper mixture into warm rolls.

Philly Cheesesteak Lettuce Chips

Submitted by Tami Carlson

Nutrition:

195 calories,
7.5 g. fat,
28.7 g. protein,
5 g. fiber
Serving Size= 3 lettuce cups –
lunch or dinner

3 oz lean beef steak or venison	Sprinkle of Lowfat cheese
2/3 C sliced mushrooms	2 leaves of romaine lettuce
1/4 C thinly sliced onions	

Slice steak into thin strips. Coat medium pan with non-stick cooking spray. Add mushrooms and onions; cook over medium heat for 5 minutes, stirring occasionally, until onions are slightly browned. Set aside.

Remove pan from heat and re-coat with non stick spray. Cook steak strips over medium-high heat for 1-2 minutes, flipping halfway through.

Place cheese on top of meat-still in pan-and continue to cook until the cheese melts.

Remove from heat; mix beef strips and veggies and serve on 3 lettuce rounds.