



This fajita plate recipe is a great way to use left-over pot roast for a delicious second meal that your whole family will love! I cook a beef chuck roast on Sundays in the crock pot with carrots, onion, and potatoes (for non-SCDers), then refrigerate the extra meat and use it on Tuesday night for fajitas. It's a winner!



Beef Fajita Plate

1- 2 Tbs. butter
Beef Chuck Roast, cooked in crock pot beforehand and sliced into thin pieces
1 Tbs. lime juice
Crushed Chili Pepper to taste (made from dried whole chilies ground in a food processor)**
2 tsp. cumin (or more - to taste)
Salt & Pepper to taste
Tomatoes, sliced
Cilantro, chopped
Lettuce, chopped
Cheddar Cheese, grated
Homemade SCD yogurt on the side for a sour cream substitute
(Tortillas for non-SCDers)
(Salsa and sour cream for non-SCDers)

**Note: I have found Tampico brand California Chili Pods, which are whole dried chilies in a 3 oz. bag. I remove the seeds and stems, place in a food processor and grind to a course powder. I place the powder in a spice jar and have it on hand for recipes where chili powder is called for.

Prior to the meal preparation, cook a beef chuck roast in a crock pot on high for five hours, with 1 cup of water. Remove and cut into thin slices. (Save, strain and freeze liquid to use when beef broth is called for.)

Melt butter in a large skillet, and add sliced beef.

Pour lime juice over the meat, and add crushed chili pepper, cumin, and salt & pepper. Stir occasionally, until warmed and lightly browned.

Meanwhile, prepare the tomatoes, cilantro, lettuce and cheddar cheese on a separate serving plate or bowl. Place the meat in its own serving bowl.

Add homemade SCD yogurt to your plate for a sour cream substitute.

(Serve with tortillas warmed over the stove or in the microwave for non-SCDers.)

Tip: Diet Coke tastes great with this meal!