

# Teens in the Kitchen with Chef David Miller

## STEAK FAJITAS

**SERVES:** 6

**TOTAL TIME:** 40 MINS

**CALORIES:** 314

### Ingredients

2 tablespoons olive oil, divided  
½ tsp salt  
fajita seasoning  
1 pound flank or strip steak  
1 pound poblano or bell peppers, sliced (3 medium)  
1 large onion, sliced into half moons  
1 tablespoon minced garlic, about 3 cloves  
3 tablespoons chicken stock  
2 limes  
Flour tortillas (optional)



### Instructions

1. Season the steak with salt and a generous dusting of fajita seasoning. We use 1/2 teaspoon of salt for the steak.
2. Heat 2 teaspoons of the oil in a wide skillet (with a lid, or you can use foil) over medium-high heat. As soon as the oil is hot and looks shimmery, add the steak. Cook 2 to 3 minutes until brown, and then flip to the other side and let cook for another 2 to 3 minutes. Check the internal temperature. If it is not ready, turn the heat to low and continue to cook until it reaches your preferred doneness. For medium, cook to 135 degrees F. Transfer steak to a plate and cover loosely with aluminum foil.
3. Put the skillet back onto the heat, increase to medium-high heat, and add another two teaspoons of oil. Add the onions, peppers, garlic, and a pinch of salt. Cook, stirring until they start to soften and brown a bit; about 5 minutes. As the veggies cook, use tongs or a wooden spoon to scrape up bits of steak or spices stuck to the bottom of the pan.
4. To finish, turn the heat down to low, arrange the vegetables on the bottom of the skillet, stir in stock, and cook for 1 minute. Take the pan off the heat. Slice the steak then arrange the steak on the peppers and onions. Finish with a generous squeeze of lime.

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## SPANISH RICE AND BEANS

**SERVES:** 6  
**TOTAL TIME:** 27 MINS  
**CALORIES:** 359

### Ingredients

2 Tbsp oil  
2 cups dry white rice  
1/2 cup white onion, chopped  
2 cloves garlic, minced  
3 cups vegetable broth  
1 cup salsa  
1 15-oz can kidney beans drained and rinsed



### Instructions

1. Toast rice: Heat oil in a large sauté pan over medium/high. Add rice and toast until the grains begin to turn golden brown, stirring often, about 7 minutes.
2. Add flavor makers: Reduce heat to medium and add onion and garlic, continuing to cook until onion is soft.
3. Cook until tender: Add broth, cover, and cook until rice is tender and broth is absorbed. About 15 minutes.
4. Finish: Stir in salsa then beans and serve warm.