Steak and Eggs Breakfast Tacos

35 MIN	6 SERVINGS	310 CAL	23 G PROTEIN



Prep Time: 10 min
Cook Time: 25 min
Total Time: 35 min

Ingredients:

- [ ] 1 beef Top Sirloin Steak Boneless, cut 3/4 inch thick (about 12 ounces)
- [ ] 2 teaspoons vegetable oil
- [ ] 6 small flour tortillas (6-inch diameter), warmed
- [ ] 6 eggs, beaten or 1-1/2 cups egg substitute
- [ ] 6 tablespoons reduced-fat shredded Cheddar cheese
- [ ] 6 tablespoons guacamole
- [ ] 6 tablespoons salsa
- [ ] 6 tablespoons reduced-fat dairy sour cream

Cooking:

1. Heat large, heavy nonstick skillet over medium heat until hot. Season beef Top Sirloin Steak with salt, as desired. Place beef in skillet. Pan-broil 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove beef from skillet. Set aside; keep warm.

2. Heat oil in same skillet over medium heat until hot. Add eggs and scramble until set, stirring occasionally; keep warm.

3. Carve steak into thin slices. Top each tortilla with equal amounts of eggs, steak and 1 tablespoon each of cheese, guacamole, salsa and sour cream.



Funded by Beef Farmers and Ranchers