



CHIPOTLE LIME STEAK STIR-FRY

🥄 PREP: 20 min COOK: 50 min
TOTAL: 1 hr 10 min SERVES: 4

1 cup quinoa
1 1/2 cups water
1/2 large yellow onion,
chopped
1/2 red bell pepper, chopped
1 chipotle from a can of
chipotles in adobo sauce
1 tablespoon of adobo sauce
from the can of chipotles
2 tablespoons fresh squeezed
lime juice
1 tablespoon chopped garlic
1/2 cup water
1 large steak, cooked
1 cup frozen corn
1/2 red bell pepper, chopped
1/2 15 oz can black beans
1 cup light beer
Salt and pepper to taste

1. Bring the cup of water to boil in medium saucepan. Stir in the quinoa, reduce heat to low, cover the saucepan and let simmer for about 30 minutes or until the water is absorbed.
2. When the water is absorbed, remove the saucepan from heat, remove lid and fluff the quinoa with a fork. Set aside.
3. Prepare the chipotle lime stir-fry while the quinoa is cooking.
4. Place the onion, red bell pepper, garlic, lime juice, chipotle and adobo sauce and 1/4 cup water in a blender. Puree until the mixture is smooth.
5. Dump the chipotle lime sauce in a sauté pan and turn on heat to medium.
6. Cook the chipotle lime sauce on medium until the water is reduced and the sauce begins to brown, about 10 minutes. After the sauce is browned, add the beer, 1/4 cup water, corn, steak and 1/2 red bell pepper.
7. When the mixture begins to bubble, reduce heat to medium-low and cook an additional 5 minutes.
8. Add the black beans and cook for an additional 2 minutes. Salt and pepper the stir-fry to taste. Remove from heat and serve over the cooked quinoa.