

Griddle Steak Quesadillas with Peppers & Onions

INGREDIENTS

- 1-1.25 lbs shaved beef steak
- 1 tbsp olive oil (or avocado oil)
- ½ red bell pepper, thinly sliced
- ½ yellow (or orange) bell pepper, thinly sliced
- 1 sweet onion, thinly sliced
- 1-1½ tsp taco seasoning
- ½ tsp garlic powder
- ½ tsp smoked paprika
- Salt & pepper, to taste
- Juice of ½ lime
- ¾ cup fat-free refried beans, slightly thinned (optional)
- 1½-2 cups shredded cheese (Mexican blend + mozzarella)
- 6-8 flour tortillas
- Butter or olive oil spray, for the griddle

DIRECTIONS

1. Preheat your griddle to medium heat.
2. Add olive oil, then cook sliced peppers and onions with a pinch of salt and a little taco seasoning for 8-10 minutes until soft and slightly caramelized.
3. Push veggies to one side and increase heat to medium-high. Add shaved beef in a single layer and sear for 1-2 minutes.
4. Flip and break up the beef, then season with remaining taco seasoning, garlic powder, smoked paprika, salt, and pepper. Cook 2-3 minutes until just browned.
5. Mix the beef with the peppers and onions, then finish with fresh lime juice.
6. Reduce heat to medium and place tortillas on the griddle.
7. (Optional) Spread a thin layer of refried beans on each tortilla.
8. Add steak and veggie mixture, then sprinkle cheese on top. Fold tortillas in half.
9. Lightly butter or spray the outside of each quesadilla.
10. Cook 2-3 minutes per side, pressing gently, until golden, crispy, and cheese is melted.
11. Remove from heat, let rest 1-2 minutes, then slice and serve.