

**CARNITA CON CHILE**

*Total preparation and cooking time: 40 to 45 minutes*

- 2 beef shoulder top blade steaks (flat iron)  
(8 ounces each)**
- 12 ounces tomatillos, husks and stems removed**
- 3 or 4 dried chiles de árbol, stems, seeds removed**
- 1/4 cup fresh cilantro leaves**
- 1 large clove garlic, coarsely chopped**
- 1/4 teaspoon ground black pepper**
- Flour tortillas (optional)**
- Fresh cilantro leaves (optional)**

1. Place tomatillos and chiles in medium saucepan; add enough water to cover. Bring to a boil; cook 5 to 8 minutes or until tomatillos are just tender, stirring occasionally. Drain.
2. Place tomatillo mixture, 1/4 cup cilantro and garlic in food processor or blender container. Cover; process until finely chopped, but not pureed. Season with salt and black pepper, as desired. Set aside.
3. Meanwhile press 1/4 teaspoon black pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 13 to 15 minutes for medium rare to medium doneness, turning occasionally.
4. Carve steaks across the grain into thin slices; season with salt and black pepper, as desired. Spoon tomatillo sauce over steak. Serve in flour tortillas, if desired. Garnish with additional cilantro, if desired.

***Makes 4 servings.***

***Cook's Tip:*** Also known as arbol chiles, chile de arbol are narrow, curved chiles that are bright red when mature and remain bright red even after drying. Chile de arbol are related to cayenne pepper and are very hot.

***Nutrition information per serving:*** 221 calories; 12 g fat (4 g saturated fat; 5 g monounsaturated fat); 70 mg cholesterol; 67 mg sodium; 6 g carbohydrate; 1.7 g fiber; 22 g protein; 4.8 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 5.0 mcg vitamin B<sub>12</sub>; 3.0 mg iron; 32.7 mcg selenium; 7.9 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc, and a good source of iron.