

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Flank Steak Burrito

Serves 6

Our flank steak burrito recipe is a variation of a mission-style burrito. This type of burrito gained popularity in the 1960's in the Mission District of San Francisco, California. This delicious burrito includes marinated flank steak, flavorful rice, zipped up beans, homemade guacamole, and grilled veggies. We top it off with tasty add-in's of sour cream, cheese, a squeeze of lime, and fresh salsa. Wrap it all in a warm tortilla, and enjoy!

FLANK STEAK

MARINADE:

- 2 lb. of flank steak
- 2 tbsp soy sauce
- 2 tbsp brown sugar
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp chili powder
- 1/2 tsp cayenne pepper
- juice of 2 limes
- 2 tbsp fresh cilantro leaves, minced
- 3 cloves garlic, minced
- 1/4 cup olive oil
- Canola oil (for searing)

SEASONED RICE:

- 1 tbsp olive oil
- 1/2 onion, minced
- 1/2 jalapeno, minced
- 3 cloves garlic, minced
- 2 cups rice

- 1/2 tsp of salt
- 1 bay leaf
- 1 tsp cumin
- 3 cups of chicken broth

PINTO BEANS:

- 3 tbsp olive oil
- 1/4 onion, diced
- 1/2 jalapeño, minced
- 1/4 tsp cumin
- 1/4 tsp crushed red pepper
- 1/4 tsp chili powder
- salt and pepper
- 2 (15 oz) cans of pinto beans, rinsed

GRILLED PEPPERS & ONIONS:

- 2 bell peppers, sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 tbsp canola oil

- salt and pepper

GUACAMOLE:

- 4 avocados, mashed
- 2 Roma tomatoes, diced
- juice of 2 limes
- 2 tbsp fresh cilantro, chopped
- 1 jalapeño, seeded & diced
- 1/2 small shallot, diced
- 2 cloves garlic, diced
- salt, pepper

TORTILLAS &

TOPPINGS:

- 6 large (10") flour tortillas
- 6 oz. Monterey Jack cheese, grated
- Fresh salsa
- Sour cream
- Fresh squeeze of lime
- Hot sauce (optional)

Continued on Page 2

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Page 2, continued

1. MARINATE THE FLANK STEAK.

Combine all of the marinade ingredients together in a bowl, and whisk together. Add the flank steak to a gallon-sized plastic bag or airtight container, and pour the marinade over the steak. Refrigerate for at least one hour and up to 12 hours.

2. PREPARE THE SEASONED RICE.

Sauté the onion and jalapeño in olive oil for 3 minutes — until it becomes nicely fragrant. Add the garlic and sauté for an additional 30 seconds. Add the rice, salt, bay leaf, cumin, and chicken broth. Bring to a bit, cover with a tight fitting lid, and turn the heat to low for 15 minutes. Remove from heat, and let set covered for an additional 10 minutes. Fluff the rice with a fork before adding to the burritos.

3. PREPARE THE PINTO BEANS.

Sauté the onion and jalapeño in olive oil for 3 minutes, until fragrant. Add the spices, salt, and the beans. Cook beans until they are fragrant, adding a tbs of water to thin, as needed.

4. PREPARE THE GRILLED VEGGIES.

Sauté the sliced onion and peppers in a cast iron pan with canola oil over medium-high heat. Cook and stir quickly until the vegetables are tender and slightly charred. Add the minced garlic, and sauté for an additional 30 seconds. Set aside.

5. PREPARE THE GUACAMOLE.

In a large bowl, mix together all ingredients until avocado is mashed and smooth. Add additional jalapeño, to taste.

6. SEAR THE FLANK STEAK.

Heat a cast iron grill pan over high heat. Oil the pan with canola oil, and sear the steak on one side for 2-3 minutes or until nicely browned. Flip the steak once and sear the other side for an additional 2-3 minutes. Turn off the heat, and let the steak continue to cook in the hot pan for an additional 10 minutes. Check for doneness. For rare, the steak should be 120°F; for medium-rare, 125°F. Cut the steak into cubes — it's ready for the burrito.

7. ASSEMBLE.

When all the fillings are ready, warm the tortillas in a tortilla warmer, or between two paper towels in a microwave oven for 20 seconds. Add the fillings across the center of the tortilla. Begin rolling up, fold the sides in, and finish rolling the burrito. Serve and enjoy!