

# Betty's Steak Tacos

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In this video, Betty demonstrates how to make Steak Tacos.

This is the last dish in my Mexican dinner series. The tacos are made from sirloin steak, and accompanied by an array of toppings.

## Ingredients:

1 pound uncooked sirloin steak, untrimmed

salt, to taste

freshly ground black pepper, to taste

1 cup beef stock (Use the meat drippings from cooking the sirloin steak, with fat poured off. If you do not have 1 cup of meat drippings, add beef broth (canned soup) to increase the drippings to 1 cup.)

½ cup water

1 tablespoon cornstarch

4 ounces tomato sauce (Use ½ of an 8-ounce can of tomato sauce.)

2 tablespoons Taco Seasoning. (You may use a packaged variety or the Taco Seasoning from bettyskitchen.)

box of 10 corn tortilla shells

finely shredded Cheddar and Monterey Jack cheese blend

sliced black olives

chopped red onion

shredded and chopped lettuce

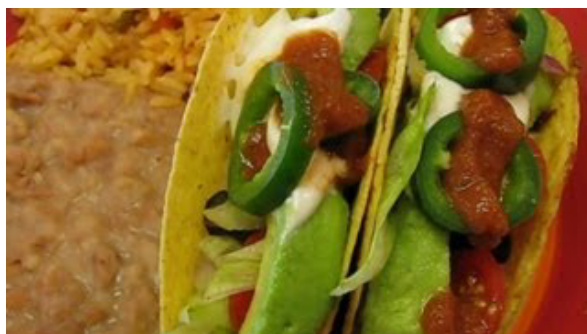
grape or cherry tomatoes, halved

fresh avocado wedges, stored in lemon juice

sour cream

fresh or pickled jalapeno peppers, cut in rings

taco sauce (Use bottled taco sauce or Taco Sauce from bettyskitchen.)



Salt and pepper 1 pound of sirloin steak, to taste. (I used 3 pounds of sirloin steak, in order to have leftover steak for another recipe—and lots of meat drippings.) Wrap steak in aluminum foil and cook in a crock pot for 2 to 3 hours on HIGH. (You may cook the steak wrapped in foil in a pan in a 350 degree oven for 2 to 3 hours, if you prefer.) Remove cooked steak from aluminum foil and place on a cutting board. Tent with aluminum foil and let rest for 10 minutes. Meanwhile, pour steak drippings into a measuring cup, spooning off fat. If you do not have 1 full cup of meat drippings, add beef broth to get 1 cup drippings plus broth. Place the cup of drippings in a deep skillet and set aside. After your sirloin steak has rested 10 minutes, use a knife to remove all excess fat. Cut or pull the steak into bite-sized pieces. Set aside. Now, mix 1 tablespoon cornstarch with ½ cup water. Stir into skillet of meat drippings. Add 4 ounces tomato paste and place over medium heat until mixture begins to bubble. Reduce heat to low and cook, stirring constantly, until thickened. Stir in 2 tablespoons taco seasoning. Add the bite-sized pieces of cooked sirloin steak and stir to combine flavors. Let meat mixture simmer over low heat for 20 minutes. Place 10 corn tortilla shells in a 13-inch by 9-inch by 2-inch Pyrex dish. Heat at 325 degrees for about 6 minutes. Place one-tenth of steak and gravy mixture in bottom of each of the hot corn tortilla shell. Top meat mixture with desired toppings, beginning with cheese (so that it will melt from the hot meat mixture). Other toppings may include your choice of sliced black olives, chopped red onion, shredded lettuce, halved grape tomatoes, avocado wedges, sour cream, and fresh or pickled jalapeno peppers, cut in rings. Top each taco with Taco Sauce, and serve tacos with Quick and Easy Spanish Rice and Semi-Homemade Refried Beans. Round out your Mexican dinner with a Frozen Margarita or Basic Margarita and a nice slice of Mexican Chocolate Cake with Mexican Chocolate Glaze (all available in bettyskitchen). I made this Mexican meal, leading up to Father's Day, because I thought "Dad" might enjoy a Mexican treat that is easy to put together. Happy Father's Day to all of Dads out there—and to all of my faithful viewers! I hope you enjoy this Mexican dinner! Love, Betty ♥♥♥♥♥