

## Mexican Fajita Rice Bowl

(Use of PURE & SIMPLE® Ripe Plantain Rounds)



Servings: 4-6



Prep Time: 10 min.



Level: Beginner

### INGREDIENTS

- ❖ 2 ½ lbs. Shredded Beef
- ❖ 2 cups Rice & Beans
- ❖ 16 pieces PURE & SIMPLE® Plantain Rounds
- ❖ 1 cup sautéed Red & Green Peppers
- ❖ ½ of Haas Avocado, sliced
- ❖ ½ cup Queso fresco

- 2.5-3 lbs. beef rump roast
- 1 pkg. (1.3 oz.) taco seasoning packet
- 3 oz. tomato paste
- 1 cup beef broth
- 1 tbsp. cornstarch
- 1 cup white rice
- 2 cups water
- ¼ cup chopped cilantro
- 16 pieces PURE & SIMPLE® Ripe Plantain Rounds
- 1 tbsp. canola oil
- kosher salt to taste
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- ½ of Haas Avocado, sliced

## INSTRUCTIONS

1. Place the beef in the slow cooker.
2. Whisk the remaining ingredients together in a small bowl and pour over the beef.
3. Cook on low for 8 hours, preferably overnight.
4. Once the beef is fork tender; remove from the slow cooker, shred using two forks, place the beef back into the bowl of the slow cooker and toss with the sauce.
5. During the last 30 minutes of the beefs cook time place the rice and water together in a medium sauce pot over high heat.
6. Once boiling, stir and reduce heat to low.
7. Cover and cook until all liquid is absorbed by the rice.
8. Transfer the rice to a large bowl, add the cilantro and stir to combine.

*For the plantains:*

1. Place canola oil in a skillet over medium-high heat.
2. Once hot, add plantain slices and fry for 3 minutes on each side until golden brown.
3. Remove from pan and drain on a paper towel lined plate.

To assemble the bowls:

- ❖ Place an equal amount of rice, beef, plantains and peppers in meal prep bowls.  
Garnish with sliced avocado and crumbled queso fresco