

# Steak And Eggs Breakfast Tacos

A Mexican classic made for breakfast. Topped with guacamole, sour cream and salsa.



## INGREDIENTS

- 1 beef Top Sirloin Steak Boneless, cut 3/4 inch thick (about 12 ounces)
- 2 teaspoons vegetable oil
- 6 small flour tortillas (6-inch diameter), warmed
- 6 eggs, beaten or 1-1/2 cups egg substitute
- 6 tablespoons reduced-fat shredded Cheddar cheese
- 6 tablespoons guacamole
- 6 tablespoons salsa
- 6 tablespoons reduced-fat dairy sour cream

35 Min      6 Servings      42 Cal      22.5g Protein

## COOKING

1. Heat large, heavy nonstick skillet over medium heat until hot. Season beef Top Sirloin Steak with salt, as desired. Place beef in skillet. Pan-broil 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove beef from skillet. Set aside; keep warm.
2. Heat oil in same skillet over medium heat until hot. Add eggs and scramble until set, stirring occasionally; keep warm.
3. Carve steak into thin slices. Top each tortilla with equal amounts of eggs, steak and 1 tablespoon each of cheese, guacamole, salsa and sour cream.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		15.9g	226mg		18.4g	22.5g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com