

Southwestern Pasta with Flank Steak and Tomatillo-Poblano Sauce

Serves 4

1 poblano pepper
1 Tbsp. canola oil
1 small onion, diced
3 cloves garlic, minced
1 lb. tomatillos, cored and quartered
1/4 cup chicken broth
3/4 tsp. cumin
juice of 1/2 a lime
1/3 cup light sour cream
1/2 cup black beans
4 cups cooked southwestern blend or other pasta
Tequila-lime flank steak (recipe follows)
Cilantro (optional)
Shredded cheese (optional)

Directly over a gas burner or in the broiler, char the poblano on all sides until it blisters. Put it in a bowl and cover it with plastic wrap until it is cool enough to handle. Peel it and dice it.

In a large sauce pan, heat the oil. Add the onions and cook until translucent, then add the garlic, poblano, tomatillos, cumin, salt and pepper. Sauté for a minute and then stir in the chicken broth. Cover, turn the heat to low or medium-low and let simmer while your steak marinates (about 20 minutes). Take the pan off the heat and add the lime juice. Season to taste if necessary. Then, put the mixture into a food processor, along with the sour cream and pulse process until well combined. Put the sauce back in the pan and add the black beans, stirring to warm them through.

Toss the sauce with the pasta and the flank steak. And cilantro, if you want.

Tequila-Lime Flank Steak

1/2 flank steak (about 10 oz.)
2 Tbsp. tequila
1/2 Tbsp. canola oil
juice of 1/2 a lime
cumin, oregano, salt and pepper to taste

Combine all ingredients and let marinate at room temperature for 20 minutes. Grill or broil the steak to your desired doneness. Let rest under a foil tent for a few minutes before slicing.

Nutritional Information Per Serving: Calories: 453 / Fat: 14g / Carbs: 51g / Fiber: 5.6 / Protein: 24.5g

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