🌮 Veggie Fajitas Lab

Culinary 1 · Unit 5 · Level 2 · after the Soup & Biscuits Lab



Name: _____ Date: _____ Period: _____

Makes about 4-6 fajitas. Mrs. Dyches' recipe: Mixed Vegetables Fajitas (group).

🧺 Fajita veggies

- ☐ 🫑 **1½** sweet peppers (any color)
- ☐ 🧅 **1 medium** red or white onion
- ☐ 🧄 **3 cloves** garlic
- ☐ 🫒 **2 Tbsp** olive oil
- ☐ 🌶️ **1¼ tsp** chili powder
- ☐ 🟤 **¾ tsp** cumin
- ☐ 🔴 **½ tsp** smoked paprika
- ☐ 🧂 **¾ tsp** salt

🧺 Serve with

- ☐ 🫓 **1 per person** flour tortilla
- ☐ 🧀 cheese
- ☐ 🥛 sour cream
- ☐ 🍋 lime wedges
- ☐ 🌿 cilantro
- ☐ 🍅 salsa

👩‍🍳 Steps: check each box when you finish

- [ ] 1 🔥 Oven to **350°F**. Wrap tortillas in foil. Warm **15-20 minutes**.
- [ ] 2 🫑 **Julienne** (thin strips) the peppers and onion.
- [ ] 3 🧄 **Mince** the garlic.
- [ ] 4 🍳 Heat the oil in the skillet on **medium-high**.
- [ ] 5 🌶️ Add peppers, onion, chili powder, cumin, paprika, salt. **Stir**.
- [ ] 6 ⏲️ Cook about **5 minutes**, until the veggies start to get soft.
- [ ] 7 🧄 Add the garlic. Cook **5-7 more minutes**.
- [ ] 8 🌮 Fill the warm tortillas. Add toppings. Photo!

💡 *Her steps also say mushrooms, but mushrooms are not in her ingredient list. Ask Mrs. Dyches if your group adds them.*