



2020 PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM WITH BOBBY AND CLAUDIA DEEN

TACO TRIO

STEAK TACOS

5 ounce filet mignon (could use strip or flank
steak as well)

salt

ground black pepper

garlic powder

corn tortillas

1. Season steak with salt, pepper, and garlic powder.
2. Cook steak to medium (internal temperature of 120 degrees).
3. Rest meat to allow juices to reabsorb.
4. Cut steak into thin strips.
5. Warm tortillas.
6. Top tacos with sautéed onions, guacamole, homemade salsa or chimichurri.

CHICKEN TACOS

1 pound chicken (breast, thighs or ground)

½ teaspoon chili powder

½ teaspoon cumin

½ teaspoon paprika

½ teaspoon onion powder

½ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon black pepper

Juice of 2 limes

1 tablespoon olive oil

Corn tortillas

1. Mix together the spices (chili powder, cumin, paprika, onion powder, garlic powder, salt, and black pepper) and lime juice.
2. Marinate chicken with spice mix in Ziploc bag for 30 minutes.
3. Add olive oil to a skillet. Cook chicken in skillet for about 7-10 minutes.
4. Warm tortillas while chicken is cooking.

SHRIMP TACOS

6 fresh shrimp

salt

ground black pepper

garlic powder

corn tortillas

1. Season shrimp with salt, pepper, and garlic powder.
2. Cook on flat top, skillet, or grill.
3. Warm tortillas.