

# Blackstone Steak Fajitas

Quick and easy Steak Fajitas cooked on your outdoor griddle. Cook your steak, peppers and onions right on your griddle plus, warm the tortillas for an easy meal.



Prep Time  
10 mins

Cook Time  
10 mins

Total Time  
20 mins

Course: Main Course Cuisine: American, Mexican

Keyword: Blackstone Steak Fajitas, Fajitas, Steak Fajitas Servings: 6

Calories: 220kcal Author: Julie Evink



4.34 from 9 votes

## Equipment

- Blackstone Griddle
- Blackstone Accessories
- Cutting Board
- Chef's Knife
- Mixing Bowls
- Measuring spoons

## Ingredients

- 1 ½ pounds flank steak or steak of your choice cut into ½" strips
- 2 Tablespoons olive oil divided
- 1 red bell pepper sliced
- 1 yellow bell pepper sliced
- 1 red onion sliced
- 3 cloves garlic minced
- 2 Tablespoons vegetable oil to add to hot grill
- tortillas flour or corn, to serve

## Fajita Seasoning

- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

## Instructions

1. Mix fajita seasonings in small mixing bowl until combined and set aside.
2. Slice steak against the grain into small slices about half inch thick. Place into bowl or resealable gallon sized bag and add 1 Tablespoons olive oil, toss to coat. Then add half of fajita seasoning to meat and toss to coat.
3. In another bowl or resealable gallon size bag, add sliced vegetables and remaining olive oil. Toss to coat, then add in remaining fajita seasoning and mix until coated.

4. Preheat the Blackstone for about 5 minutes over medium high heat. Pour vegetable oil on preheat griddle and spread out.
5. Put the steak and vegetables on hot, oiled griddle. Cook for 8-10 minutes, tossing the steak and vegetables a few times. You want these to be slightly charred and cooked through. During the last few minutes add garlic.
6. During the last minute of cooking place tortillas on griddle to warm.
7. Remove the steak, vegetables and tortillas from griddle and serve with desired toppings.

## **Nutrition**

Calories: 220kcal | Carbohydrates: 5g | Protein: 25g | Fat: 11g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 68mg | Sodium: 262mg | Potassium: 521mg | Fiber: 1g | Sugar: 2g | Vitamin A: 847IU | Vitamin C: 64mg | Calcium: 39mg | Iron: 2mg

## Smoky Sweet Potato & Black Bean Enchiladas

*My hearty, delicious vegetarian dish is absolutely packed with nutrients. I always make two and freeze one for a future dinner.*

— Elizabeth Lindemann, Salem, MA

**Prep:** 25 min • **Cook:** 35 min

**Makes:** 6 servings

---

### Ingredients

1 large sweet potato, cubed  
1 small onion, chopped  
1 small sweet red pepper, chopped  
¼ cup minced fresh cilantro  
1 teaspoon smoked paprika  
½ teaspoon each garlic powder, ground cumin, and ground coriander  
¼ teaspoon pepper  
1 can (15 oz.) black beans, rinsed and drained  
1 can (15 oz.) enchilada sauce  
12 corn tortillas (6 in.), warmed  
2 cups shredded Monterey Jack cheese, divided

### Optional Toppings:

Cubed avocado, sour cream, salsa, minced cilantro, and hot sauce

---

### Instructions

1. Preheat oven to 375°F. In a saucepan, place a steamer basket over 1 inch of water. Place sweet potato, onion, and red pepper in basket. Bring water to a boil. Reduce heat to a simmer; steam, covered, until tender, 10–15 minutes.
2. Transfer vegetables to a large bowl. Mash vegetables, gradually adding seasonings, spices, and pepper to reach desired consistency. Stir in black beans.
3. Spread 1/3 cup enchilada sauce in a greased 13×9-inch baking dish. Place ½ cup vegetable mixture in the center of each tortilla; top with 2 tablespoons cheese. Roll up and place in prepared dish. Top with remaining enchilada sauce; sprinkle with remaining cheese.

4. Bake, uncovered, until heated through and cheese is melted, 25–30 minutes. Serve with optional toppings.
- 

**Make Ahead and Freeze:**

Cover and freeze unbaked enchiladas for up to 6 months. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 375°F. Cover casserole with foil; bake until dish is heated through, sauce is bubbling, and cheese is melted, 30–35 minutes. Serve as directed.

---

**Nutrition (per serving):**

349 calories, 14g fat (7g saturated), 34mg cholesterol, 843mg sodium, 52g carbohydrate (9g sugars, 8g fiber), 18g protein.

- 1.

# Loaf Pan Chicken Shawarma

Juicy spiced chicken with crunchy cabbage and creamy white sauce, roasted in one pan.

## Ingredients

### For the Chicken

2 Tbsp double concentrated tomato paste  
3 Tbsp shawarma seasoning (with paprika)  
3 Tbsp olive oil  
3 large cloves garlic, grated, divided  
1 tsp lemon zest  
1 1/2 Tbsp lemon juice  
Kosher salt  
2 1/4 lb boneless skinless chicken thighs, trimmed

### For the Cabbage and Pickle Salad

1/2 small red onion, finely chopped  
2 Persian cucumbers, chopped  
1 kosher dill pickle, chopped  
2 Tbsp flat leaf parsley, chopped  
1 Tbsp dill fronds, chopped  
1 1/2 Tbsp distilled white vinegar, divided  
1 tsp sugar, divided  
1/2 small red cabbage (about 9 oz), finely sliced

### For Serving

1/4 cup mayonnaise  
2 Tbsp plain Greek yogurt  
6 pocketless pitas or flatbreads  
Hot sauce, optional

## Instructions

1. In a medium bowl, whisk tomato paste, shawarma seasoning, olive oil, two thirds of the garlic, lemon zest, lemon juice, and 1 tsp salt. Add chicken and toss to coat. Cover and refrigerate at least 4 hours or overnight.
2. Heat oven to 425 F. Let chicken sit at room temperature for 30 minutes.
3. In an 8.5 x 4.5 inch loaf pan, stagger chicken thighs evenly. Roast until chicken reaches 165 F, about 45 to 50 minutes. Pour off liquid, invert onto cutting board, and rest 10 minutes before slicing.
4. In a bowl, combine onion, cucumbers, pickle, parsley, dill, 1/2 Tbsp vinegar, and 1/2 tsp sugar. Let sit 10 minutes.
5. In another bowl, whisk remaining vinegar and sugar. Toss with cabbage and let soften, tossing occasionally.
6. In a small bowl, whisk mayonnaise, yogurt, remaining garlic, lemon juice, vinegar, and sugar.
7. Serve pitas topped with chicken, cabbage, pickle salad, and white sauce. Add hot sauce if desired.

# Slow-Cooker Kale & White Bean Stew

Warm up to a hearty bowl of soup made with winter vegetables and protein-rich white beans. Comforting spices like oregano and thyme build flavor, while Parmesan provides an irresistibly savory finish.

By **Wendy Lopez, MS, RD, CDCES** | Updated on September 29, 2025

 Reviewed by Dietitian **Breana Lai Killeen, M.P.H., RD**

**Active Time:** 10 mins

**Total Time:** 3 hrs 55 mins

**Servings:** 6

## Nutrition Profile:

Gut Healthy Anti-Inflammatory Mediterranean Diet Diabetes-Friendly Nut-Free Healthy Pregnancy Soy-Free High-Fiber Heart-Healthy Vegetarian Egg-Free Low-Calorie

## Ingredients

- 4 cups low-sodium vegetable broth
- 2 (15 ounce) cans no-salt-added white beans, rinsed
- 1 (28 ounce) can no-salt-added diced tomatoes
- 1 cup unsalted tomato sauce
- 2 medium carrots, thinly sliced
- ½ medium onion, diced
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon smoked paprika
- 4 cups Tuscan kale, chopped
- 1 teaspoon salt
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon za'atar (Optional)
- 6 slices toasted crusty whole-wheat bread

## Directions

## Step 1

Combine broth, beans, tomatoes, tomato sauce, carrots, onion, garlic, tomato paste, oregano, thyme and paprika in a 3 1/2-quart slow cooker. Cover and cook on High for 3 1/2 hours. Stir in kale. Cover and cook until the kale is tender, 10 to 15 minutes. Stir in salt. Top with Parmesan and za'atar, if using. Serve with bread.

## Equipment

3 1/2-quart slow cooker

Originally appeared: EatingWell.com, December 2022

## Nutrition Facts

---

Per serving: **Serving Size 1 3/4 cups soup & 1 slice bread** 247 calories; total fat 3g; saturated fat 1g; cholesterol 1mg; sodium 331mg; total carbohydrate 44g; dietary fiber 11g; total sugars 9g; protein 13g; vitamin c 34mg; calcium 159mg; iron 4mg; potassium 803mg

### Explore more:

[Healthy Recipes](#)[Cooking Methods](#)[Slow Cooker](#)[Slow-Cooker Soups](#)

---

Was this page helpful?



# Spicy Shrimp Sushi Bowls

No need to fuss with rolling sushi at home when this easy dinner has all the same flavors and vibes.

By **Jenna Helwig** | Published on October 30, 2025

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Servings:** 4

## Ingredients

1 1/2 cups sushi rice

2 Tbsp. seasoned rice vinegar

1 1/2 tsp. kosher salt, divided

1 lb. peeled and deveined large shrimp

1 cup halved and sliced English cucumber (from 1 cucumber)

1 1/2 tsp. toasted sesame oil

3 1/2 Tbsp. mayonnaise

1 1/2 tsp. sriracha

1 0.16-oz. pkg. sea-salt-roasted seaweed snacks, thinly sliced

1 medium avocado, chopped

1/4 cup pickled red onion (from a 16-oz. jar, such as Mezzetta)

Toasted assorted sesame seeds and thinly sliced scallion, for garnish

## Directions

### Step 1

Cook rice.

Cook rice according to package directions. Stir vinegar and 1 teaspoon salt into rice using a fork. Divide rice among 4 bowls. Refrigerate until room temperature, 10 to 15 minutes.

### Step 2

Cook shrimp.

Meanwhile, bring a large pot of water to a boil over high. Stir in shrimp; remove from heat and let stand, uncovered, until pink, about 3 minutes. Drain and transfer to a plate. Refrigerate, uncovered, until completely cool, 15 to 20 minutes.

### Step 3

#### Prepare cucumber.

While rice and shrimp cool, stir together cucumber, oil, and remaining 1/2 teaspoon salt in a medium bowl. Stir together mayonnaise and sriracha in a separate medium bowl.

### Step 4

#### Assemble sushi bowls.

Stir chilled shrimp into sriracha mayonnaise. Top rice bowls with shrimp mixture, cucumber mixture, seaweed snacks, avocado, and onion. Garnish with sesame seeds and scallion.

### Make-Ahead and Storage Instructions

The rice is best consumed when freshly made, but it can be stored in an airtight container in the refrigerator for up to 2 days. Shrimp can be mixed with the spicy mayo and stored in an airtight container in the refrigerator for up to 2 days.

**Explore more:**

Food

Recipes

---

Was this page helpful?

