



# September

## WHAT'S FOR DINNER?

**TACOS!**

SPICY BEEF  
CHICKEN & MANGO  
& CAJUN SHRIMP  
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# FamilyCircle

## 108 DINNER IDEAS

NEW SLOW COOKER RECIPES + 25 TWISTS ON CHICKEN + TIPS, TECHNIQUES AND MORE

**INSTANT  
ORGANIZING**  
LESS STUFF,  
MORE SPACE

**15 WAYS TO  
LOSE 10  
POUNDS**

**BEST  
PRODUCTS TO  
CLEAN  
PET  
STAINS**

**WHY  
COFFEE & BEER  
ARE GOOD FOR  
YOUR HEART**

**TACOS!**  
Spicy Beef,  
Chicken & Mango  
& Cajun Shrimp  
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**BRAIN-  
BOOSTING  
SNACKS**

**STREAMING  
APPS  
AND WHAT  
YOUR KIDS  
ARE DOING  
WITH THEM**

**DIY  
KITCHEN  
UPGRADE**

SEPTEMBER 2015  
familycircle.com



## on our cover

### Spicy Beef Tacos

MAKES 4 servings  
PREP 10 minutes COOK 8 minutes  
BAKE at 350° for 2 hours  
MICROWAVE 1 minute

- 1½ lbs boneless chuck pot roast
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp oil
- 1 medium onion, sliced
- 1 can (10 oz) mild enchilada sauce
- 1 sweet red pepper, cored and thinly sliced
- 1 poblano pepper, cored and thinly sliced
- 1 ear of corn, kernels cut from cob
- 1 jalapeño, seeded and diced
- 8 thick corn tortillas (such as La Tortilla Factory)
- 1 avocado, pitted, peeled and sliced
- Farmer's cheese, crumbled (optional)

■ Heat oven to 350°. Season pot roast with chili powder, garlic powder, salt and pepper. Heat oil in an oven-proof lidded pot over medium-high heat. Brown pot roast on both sides, 5 minutes total. Transfer meat to a cutting board, reduce heat to medium and add onion to pot. Cook 3 minutes. Add enchilada sauce and ½ cup water and return meat to pot. Cover and transfer to oven.

■ Bake at 350° for 1½ hours. Remove from oven and stir in peppers, corn and jalapeño. Cover and bake an additional 30 minutes. Uncover and shred beef, discarding fat and tough pieces. Stir back into pot. Microwave tortillas 1 minute, until heated through.

■ Fill tortillas with beef mixture and sliced avocado. Top with farmer's cheese, if using.

PER TACO 349 CAL; 19 g FAT (5 g SAT); 18 g PRO; 26 g CARB; 4 g FIBER; 206 mg SODIUM; 22 mg CHOL



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