

# DAVE MATTHEWS'S BAND

RECIPES FROM THE ROAD

## STEAK TACOS

FIONA BOHANE

SERVES: 6  
ACTIVE TIME: 30 MINUTES

### FOR THE STEAK

- 1 FLANK STEAK
- 3 TABLESPOONS GRAPE SEED OIL
- 3 TABLESPOONS PREPARED OR HOMEMADE TACO SEASONING (SEE RECIPE BELOW)
- 1 TO 2 LIMES, DEPENDING ON JUICINESS OF LIMES

### FOR SERVING

- SOUR CREAM
- LIME WEDGES
- PICO DE GALLO
- GUACAMOLE
- TORTILLAS

PREHEAT GRILL. DRIZZLE OIL OVER STEAK AND SPRINKLE BOTH SIDES WITH TACO SEASONING. RUB SEASONING INTO MEAT AND MARINATE FOR AT LEAST 30 MINUTES.

GRILL MEAT 7 MINUTES ON THE FIRST SIDE, 5 ON THE OTHER, UNTIL COOKED TO DESIRED DONENESS. LET MEAT REST 5 MINUTES AND THEN THINLY SLICE ACROSS THE GRAIN. SQUEEZE LIME OVER MEAT AND GENTLY TOSS.

SERVE STEAK WITH SOUR CREAM, LIME WEDGES, PICO DE GALLO, GUACAMOLE AND FLOUR OR CORN TORTILLAS, DEPENDING ON YOUR PREFERENCE.

\*TO MAKE YOUR OWN TACO SEASONING, STIR TOGETHER 1 TABLESPOON PAPRIKA, 1 TEASPOON GARLIC POWDER, 1 TEASPOON ONION POWDER, 1 TEASPOON GROUND CUMIN, 1 TEASPOON GROUND CORIANDER, 1/2 TEASPOON CAYENNE AND 1/2 TEASPOON DRIED OREGANO.

THE BAND AND CREW WORK LONG HARD HOURS ON THE ROAD, SO WE STRIVE TO OFFER NOT ONLY HEALTHY FRESH FOODS BUT FOODS THAT ARE SUBSTANTIAL AND SATISFYING FOR A WIDE RANGE OF DIETS. IN THE BAND ALONE THE DIETS RANGE FROM HARD-CORE CARNIVORES, TO HEALTH-CONSCIOUS PESCATARIANS AND STRICT VEGETARIANS. WE IDEALLY LOOK FOR ORGANIC LOCALLY PRODUCED PRODUCE, SUSTAINABLY HARVESTED FISH AND HIGH QUALITY, HORMONE FREE POULTRY AND MEATS. DAVE MATTHEWS'S BAND TOURS PRIMARILY IN SUMMER, SO WE ARE ABLE TO TAKE ADVANTAGE OF THE WIDE RANGE OF PRODUCTS THAT ARE AVAILABLE IN DIFFERENT REGIONS ACROSS THE US. WITH THE FOODS WE COOK IT IS BEST TO USE WHAT LOOKS GOOD AND FRESH AT THE STORE, PICK OUT THE MAJOR COMPONENTS OF THE MEAL AND FILL IN THE COMPLIMENTARY FLAVORS AFTER. WHEN THE FOODS ARE FRESH THE FOOD NATURALLY TASTES BETTER.

WHOLE  
FOODS  
MARKET



BIG WHISKEY AND THE GROOGRUX KING