

MEALTIME HELPER

MAKING MEALTIME EASY

Veggie Fajita - Recipe

Prep time: 10 minutes

Cook time: 8–12 minutes

Total time: 18–22 minutes

Servings: 4 (as a side or filling for 8–12 fajitas)

Ingredients

- 2 tablespoons olive oil (or vegetable oil)
- 1 large red bell pepper, thinly sliced
- 1 large green bell pepper, thinly sliced
- 1 medium yellow or orange bell pepper, thinly sliced (optional — for color)
- 1 medium red onion, thinly sliced into half-moons
- 8 oz (225 g) mushrooms, sliced (cremini or button) — optional
- 1–2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika (or regular paprika)
- 1/2–1 teaspoon chili powder (adjust to heat preference)
- 1/2 teaspoon dried oregano or Mexican oregano
- 1/2 teaspoon kosher salt (adjust to taste)
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon lime juice (about 1/2 lime)
- 2 tablespoons chopped fresh cilantro (optional, for garnish)
- Warm tortillas, rice, or bowls for serving

Optional extras:

- 1 small zucchini, thinly sliced
- 1 jalapeño, thinly sliced (for heat)
- 1–2 tablespoons soy sauce or Worcestershire (for umami)
- Avocado slices, sour cream, salsa, shredded cheese for topping

Directions

1. **Prep vegetables:** Slice peppers and onion into thin, even strips so they cook quickly and uniformly. If using zucchini or mushrooms, slice them similarly. Mince garlic and juice the lime.
2. **Mix spices:** In a small bowl combine cumin, smoked paprika, chili powder, oregano, salt, and pepper. Set aside.
3. **Heat the pan:** Warm a large skillet or cast-iron pan over medium-high heat until hot. Add the oil and swirl to coat.
4. **Sear the veggies:** Add the sliced onions and bell peppers (and jalapeño/zucchini if using) in a single layer as much as possible. Let them sit undisturbed 1–2 minutes to get a little char, then stir or toss. Cook 4–6 minutes until vegetables are tender-crisp and beginning to caramelize.
5. **Add mushrooms and garlic:** If using mushrooms, add them now and cook 2–3 minutes until they release their moisture and start to brown. Stir in the minced garlic and cook 30 seconds until fragrant.
6. **Season:** Sprinkle the spice mix over the vegetables and toss to coat evenly. Cook 1–2 more minutes so the spices bloom and adhere to the veggies. If the pan is very dry or spices start to burn, splash in 1–2 tablespoons water, broth, or a little soy sauce and stir.
7. **Finish with lime and herbs:** Remove the pan from heat. Stir in lime juice and chopped cilantro. Taste and adjust salt, pepper, or a squeeze more lime if needed.
8. **Serve:** Transfer to a platter or directly to warmed tortillas. Top with avocado, sour cream, salsa, shredded cheese, or your favorite fajita accompaniments. Serve immediately while hot.

Tips

- For best char, cook over medium-high heat and avoid overcrowding the pan—work in two batches if necessary.
- To make ahead: cook the vegetables slightly less than finished, cool, and refrigerate up to 2 days. Reheat in a hot skillet, adding a splash of water to freshen them.
- For smoky flavor, finish with a quick broil (1–2 minutes) on a foil-lined sheet after cooking, or grill the veggies instead.

Bright, smoky, and quick — these fajita veggies are the perfect colorful backbone for tacos, bowls, or a tasty side.