



Grilled Beef and Avocado Arepa

GLUTEN FREE

Ingredients:

For the Arepas:

- 2 cups of Juana® corn meal
- 2 1/4 cups of water
- 1 tablespoon of salt

For the Filling:

- 1.1 pounds of beef for grilling
- 2 pieces of sliced tomato
- 1 piece of avocado
- Melting cheese
- 2 tablespoons of oil
- Salt and pepper to taste

Preparation:

For the Arepas:

1. Measure the water and pour it into a bowl. Add the salt and stir until dissolved.
2. Gradually add Juana® corn meal while stirring to combine with the water.
3. Once all the flour is incorporated, knead the dough for 2 to 3 minutes until it becomes very soft. Cover and let it rest for 5 minutes.
4. Divide the dough into 10 portions of approximately 3 ounces each. Using your hands, shape each portion into a ball and gently flatten to form arepas about 4 inches in diameter and 1 inch thick.
5. Cook the arepas on a griddle over medium-high heat for 5 minutes on each side, or until golden and cooked through. Cover with a cloth napkin to keep warm.

For the Filling:

1. Season the beef with salt and pepper to taste.
2. Heat a grill or griddle over medium heat and cook the beef with a bit of oil until it reaches your preferred doneness.
3. Slice the cooked beef into thin strips and set aside.
4. Slice each arepa horizontally halfway through and fill with tomato slices, cheese, grilled beef, and avocado.

Makes: 10 servings