



Staff Sgt. Cameron Dark, new Victory Kitchen host, demonstrates how to cook carne asada fajitas with black beans and rice during filming of a new episode at the Forsyth East Child Development Center kitchen. Victory Kitchen can be watched on Riley TV on the post's cable Channel 2.

VICTORY KITCHEN

CARNE ASADA FAJITAS RECIPE

- Prep time: One hour, 10 minutes
- Cook time: 15 minutes

INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 lb. of flank steak, skirt steak or carne asada
- 1 large yellow onion, peeled and sliced with the grain, not against the grain as one would normally slice an onion. Slice first in half, and then slice off sections a half inch wide at widest point.
- 2-3 bell peppers of various colors, stemmed, seeded, de-ribbed, sliced lengthwise into strips
- Salt
- Marinade:**
 - 4 garlic cloves, minced
 - 1 jalapeño Chile pepper, seeded and minced
 - 1 teaspoon freshly ground cumin seed (best to lightly toast the seeds first, then grind them)
 - 1 large handful fresh cilantro, leaves and stems, finely chopped (great flavor

in the stems)

- 1/2 teaspoon chili powder
- Kosher salt and freshly ground black pepper
- 2 limes, juiced
- 2 tablespoons white vinegar
- 1/2 teaspoon sugar
- 1/2 cup olive oil

DIRECTIONS

Mix all marinade ingredients. Coat the steak with the marinade and let it sit at room temperature for an hour or longer in the fridge. Before you cook the meat, wipe off most of the marinade and sprinkle the steak with salt.

Set a large cast iron pan or griddle over high heat and let this heat up for one to two minutes. Add the tablespoon of oil to the pan and let this heat up for one minute.

Add the steak, frying each side for three minutes, or to desired doneness. Three minutes per side will yield about medium rare doneness for an average cut of flank steak. Carne asada and skirt

steak will need less time.

If the pan starts to smoke too much, reduce the heat to medium-high. You want the steak browned, not burned. Remove from pan and let sit, tented with foil, for five minutes.

Cook the vegetables while the meat is resting. Add a little more oil to the pan if necessary, and then add the onions and bell peppers. Let these sear for one minute before stirring, then stir every 90 seconds or so as the veggies sear. Cook for five to six minutes total.

Slice the meat against the grain into thin slices. If you slice the meat at an angle, you will be able to get your slices pretty thin. These cuts of steak are flavorful but can be a little tough, so thin slice will really help make it easier to eat.

Serve immediately with shredded cheese, salsa, shredded iceberg lettuce, sour cream, guacamole and warm flour tortillas. Hint – for warming tortillas, put in microwave over a paper towel for 20 seconds on high heat. Serves 4.

Watch Victory Kitchen on Riley TV on the post's cable Channel 2. Become a fan on Facebook at www.facebook.com/VictoryKitchen.



COMMUNITY CORNER

Army, Fort Riley continues in its commitment to Soldiers, Families

By Col. William Clark
GARRISON COMMANDER

As with many in our nation, Army installations like Fort Riley face reduced levels of funding this year and for the foreseeable future.

This will require us to operate under a fundamentally different fiscal reality. Regardless of our financial situation, one thing will remain – people will come first at Fort Riley.

What does this mean? This means our commitment to our Soldiers and Families will be a priority throughout post.

Four years ago, the Army announced the Army Family Covenant, which promised to provide Soldiers and Families a quality of life commensurate with their service. Fort Riley's leaders reaffirmed our commitment to Army Families when we resigned the Army Family Covenant July 31, 2009. And, in 2011, that commitment continues today.

Below is a list of a few examples of how Fort Riley has proven it remains committed to its Soldiers and Families during 2011:

- Opening the Resiliency Campus on Custer Hill Jan. 28 with the Resiliency Learning Center, Building 7285, at its core.

- Opening the Survivor Outreach Services Center at Grimes Hall on Main Post in January, creating a home for SOS and about 380 Families of the fallen it supports.

- Breaking ground May 19 on a new \$20-million elemen-

tary school in the Forsyth neighborhood.

- Opening Aug. 26 the first full-scale Warrior Zone in the Army, a \$10-million,



Col. Clark

25,000-square-foot entertainment facility for Soldiers, on Custer Hill

- Providing free respite care to 64 Exceptional Family Member Program Families

- Opening a Family fitness room in King Field House

While we are exploring every opportunity to be more effective and efficient with our resources, we remain committed to the Families of Fort Riley.

Meeting this challenge will require us to think differently and work together to provide for our Soldiers and Families.

If you're wondering how you can help, it's by giving us feedback. Your feedback helps guide our efforts, and it helps us know what is important to you and what is not. Many venues exist to provide this feedback – through the Inter-

active Customer Evaluation or ICE program and through social media sites such as www.facebook.com/fortriley or www.twitter.com/fortriley.

One of your next opportunities to provide feedback is through the upcoming Army Family Action Plan conferences.

AFAP has been in place since 1983. Since then, it has helped sustain our all-

volunteer force by listening to and implementing suggestions from our Soldiers and Families at the installation-level on up to the Department of Defense.

Locally, there will be two conferences – one for teens and one for adults. The conference for teens is this weekend – from 9 a.m. to 3 p.m. Oct. 15 in the Forsyth East Child Development Center. This conference is for middle school and high school students. The conference for adults will be from 8:30 a.m. to 2:30 p.m. Oct. 18 and 19 and from 8:30 a.m. to noon Oct. 20 at Riley's Conference Center.

AFAP conferences are a great opportunity to come out and be a part of a working group that discusses problems that require help at the highest levels of government and the military. Your participation is critical.

To submit an issue, drop off the form printed in the newspaper on page 14 to ACS, Building 7264 on Custer Hill. Forms also are available via email by contacting ACS at 785-239-9435 or rdmwracs@conus.army.mil.

As Lt. Gen. Rick Lynch said on his column on the front page of this week's newspaper, the Army has a clear, non-negotiable bottom line to keep its promise to Soldiers and Families – and so does Fort Riley.

If you would like to comment on this article or suggest a topic for the Community Corner, e-mail rile.post.newspaper@conus.army.mil.

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