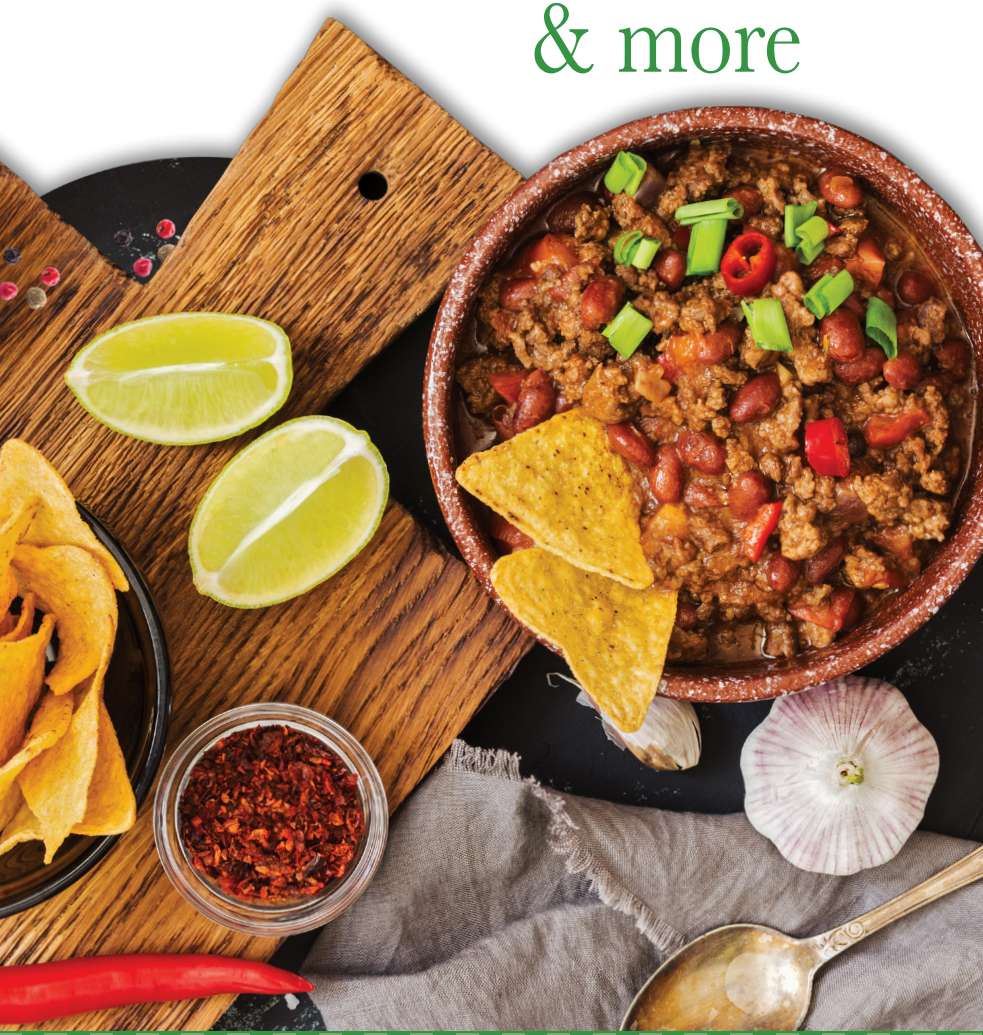
Chef express

NorCal Community Media

tacos salsas & more



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introduction

Mexican & Tex Mex cuisine is a vibrant celebration of flavor, color, and tradition, with tacos and salsa standing as iconic ambassadors of its rich culinary heritage. Tacos, the quintessential street food turned global sensation, are emblematic of Mexican ingenuity and versatility. Wrapped in warm tortillas, tacos offer a canvas for a multitude of fillings, or vibrant vegetarian options.

tacos salsas
& more

- Accompanying tacos is salsa, the lifeblood of Mexican cuisine. Made from a vibrant medley of tomatoes, onions, chili peppers, and cilantro, salsa comes in endless variations, from fiery red salsas to tangy verde or fruity pico de gallo. Its versatility extends beyond tacos, serving as a dip, marinade, or condiment that adds depth and zest to any dish.

- But the culinary journey through Mexican cuisine doesn't stop there. Enchiladas, tamales, and quesadillas offer further exploration into the diverse flavors and textures of Mexico. Enchiladas, rolled tortillas filled with meat, cheese, or beans, are smothered in rich sauces like tangy salsa verde. Tamale dishes are a labor of love enjoyed during festive occasions. Quesadillas, simple yet satisfying, are crispy tortillas stuffed with cheese and often accompanied by meat, vegetables, or beans.

- Beyond these classics, Mexican cuisine continues to evolve, blending traditional techniques with modern innovation. From bustling taquerías to Michelin-starred restaurants, the culinary landscape of Mexico offers a tantalizing array of flavors waiting to be explored. Whether enjoying street food in bustling markets or dining in upscale establishments, every bite tells a story of culture, history, and the vibrant spirit of Mexico. So, grab a taco, scoop up some salsa, and embark on a culinary adventure through the flavors of Mexico.

Difficulty scale

■□□ | Easy to do

■■□ | Requires attention

■■■ | Requires experience

beef fajitas

■■□ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

- 1 pound flank steak, thinly sliced
- 1 tablespoon olive oil
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- ¼ cup chopped cilantro
- 2 tablespoons lime juice
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 8 (6-inch) flour tortillas
- Guacamole, salsa, and sour cream, for serving

method

1. In a large bowl, combine the steak, olive oil, onion, green bell pepper, red bell pepper, cilantro, lime juice, chili powder, cumin, salt, and black pepper. Toss to coat.
2. Heat a large skillet over medium-high heat. Add the steak mixture and cook, stirring occasionally, until the steak is cooked through and the vegetables are tender, about 10 minutes.
3. Warm the tortillas in a skillet or on a griddle.
4. Fill each tortilla with steak mixture and your favorite toppings, such as guacamole, salsa, and sour cream.
5. Serve immediately.

Serves 4

tip from the chef

Serve with spanish or yellow rice!

chicken
quesadillas with pico de gallo

■□□ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. Combine the tomato, onion, cilantro, lime juice, salt, and pepper in a bowl to make the pico de gallo.
2. Sprinkle some of the cooked chicken and shredded cheese down the center of each tortilla.
3. Fold the tortilla in half, pressing the edges together to seal.
4. Heat a large skillet over medium heat and cook the quesadillas for 2-3 minutes per side, or until golden brown and the cheese is melted.
5. Serve the quesadillas with the pico de gallo on top.

Serves 3

ingredients

- **2 cups shredded cooked chicken**
- **1 cup shredded cheese (Mexican blend or your favorite)**
- **6 large tortillas**
- **1 tomato, diced**
- **1 cup diced onion**
- **¼ cup cilantro, chopped**
- **1 lime, juiced**
- **Salt and pepper to taste**

tip from the chef

Add a small can of corn to the Pico de Gallo for some added sweet flavor!

chili
con carne

■■□ | Cooking time: 30 minutes - Preparation time: 10 minutes

ingredients

- 1 pound ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cans (15 ounces each) black beans, drained and rinsed
- 2 cans (15 ounces each) corn, drained and rinsed
- 1 can (10 ounces) diced tomatoes and green chiles, undrained
- 1 can (15 ounces) tomato sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Sour cream, shredded cheddar cheese, and chopped cilantro, for serving

method

1. In a large pot over medium heat, brown the ground beef, onion, and garlic. Drain off any excess grease.
2. Add the black beans, corn, tomatoes and green chiles, tomato sauce, chili powder, cumin, salt, and pepper to the pot. Stir to combine.
3. Bring to a simmer and cook for 30 minutes, or until the chili has thickened.
4. Serve hot with sour cream, shredded cheddar cheese, and chopped cilantro.

Serves 4-6

tip from the chef

Serve with tortilla chips and corn bread!

beef
and bean burritos

■■□ | Cooking time: 50 minutes - Preparation time: 15 minutes

method

1. In a large skillet, brown the ground beef over medium heat. Drain off excess grease.
2. Add the black beans, corn, onion, green bell pepper, tomatoes and green chiles, chili powder, cumin, salt, and black pepper to the skillet. Stir to combine.
3. Bring to a simmer and cook for 15 minutes, or until the vegetables are heated through.
4. To assemble the burritos, place a tortilla on a plate. Spoon some of the beef and bean mixture and some of the cheese on each tortilla, and add 1 tablespoon of the sour cream, and 1 tablespoon of the guacamole.
5. Fold the tortilla up on the sides and roll it up tightly. Serve with salsa, if desired.

Serves 10

ingredients

- **1 pound ground beef**
- **1 can (15 ounces) black beans, rinsed and drained**
- **1 can (15 ounces) corn, drained**
- **½ cup chopped onion**
- **½ cup chopped green bell pepper**
- **1 (10-ounce) can diced tomatoes and green chiles, undrained**
- **1 teaspoon chili powder**
- **½ teaspoon ground cumin**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **10 burrito tortillas**
- **2 cups shredded cheese (Mexican blend or cheddar)**
- **1 cup sour cream**
- **1 cup guacamole**
- **Salsa, for serving**

tip from the chef

Serve with Queso dip and chips!

cheese
enchiladas with chili sauce

■■□ | Cooking time: 25 minutes - Preparation time: 15 minutes

ingredients

- 8 corn tortillas
- 2 cups shredded cheddar cheese
- 1 can (15 ounces) tomato sauce
- 1 can (10 ounces) diced green chiles
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- Salt and pepper to taste

Optional: **sour cream and guacamole for serving**

method

1. Preheat the oven to 375 degrees F (190 degrees C).
2. In a medium bowl, mix together the tomato sauce, green chiles, chili powder, cumin, salt, and pepper.
3. Dip each tortilla in the sauce mixture and fill with cheese and roll.
4. Place the enchiladas in a baking dish and pour the remaining sauce over the top.
5. Bake for 25 minutes, or until the cheese is melted and bubbly.
6. Serve with sour cream and guacamole, if desired.

Serves 4

tip from the chef

Serve with chips and salsa!

texas-style
brisket tacos

■■□ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Heat the olive oil in a large skillet over medium heat.
2. Add the onion, green bell pepper, and red bell pepper to the skillet and cook until softened, about 5 minutes.
3. Add the BBQ sauce, cider vinegar, Worcestershire sauce, smoked paprika, cumin, salt, and black pepper to the skillet and stir to combine.
4. Add the shredded brisket to the skillet and stir to coat with the sauce.
5. Cook until the brisket is warmed through, about 5 minutes.
6. Spoon the brisket mixture into the tortillas.

Serves 8-10 people

ingredients

- **2 pounds beef brisket, cooked and shredded**
- **1 tablespoon olive oil**
- **½ cup chopped onion**
- **½ cup chopped green bell pepper**
- **½ cup chopped red bell pepper**
- **½ cup BBQ sauce**
- **¼ cup cider vinegar**
- **1 tablespoon Worcestershire sauce**
- **1 teaspoon smoked paprika**
- **1 teaspoon ground cumin**
- **1 teaspoon salt**
- **½ teaspoon black pepper**
- **12 corn tortillas**

tip from the chef

Top each tortilla with your favorite toppings such as shredded lettuce, diced tomatoes, sour cream, salsa, guacamole and a side of yellow rice!

breakfast tacos
with chorizo

■■□ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- 1 pound chorizo sausage
- ½ cup chopped onion
- ½ cup chopped bell pepper
- 1 (10-ounce) can of diced tomatoes and green chiles, undrained
- ½ cup shredded cheddar cheese (optional)
- ¼ cup chopped cilantro
- 10 (6-inch) corn tortillas
- Salsa and guacamole, for serving (optional)
- 4 eggs scrambled

method

1. In a large skillet, cook the chorizo over medium heat until browned. Drain off excess grease.
2. Add the onion, bell pepper, and tomatoes to the skillet. Cook until the vegetables are softened.
3. Scramble the eggs in a separate pan.
4. Warm the tortillas in a skillet or on a griddle until they are soft and pliable.
5. Fill each tortilla with the chorizo mixture and some scrambled eggs. Top with salsa, cheese, guacamole and cilantro.

Servings 4-5

tip from the chef

Serve with a side of refried beans.

beef & cheese
nachos with guacamole

■■□ | Cooking time: 15 minutes - Preparation time: 10 minutes

method

1. Preheat oven to 400°F (200°C).
2. In a large skillet, brown the ground beef over medium heat. Drain off any excess fat.
3. Add the taco seasoning and water to the skillet and stir to combine. Bring to a simmer and cook for 5 minutes, or until the beef is cooked through.
4. Spread the tortilla chips on a baking sheet and top with the ground beef, cheddar cheese, sour cream, guacamole, tomatoes, onions, and cilantro.
5. Bake for 5-7 minutes, or until the cheese is melted and bubbly. Serve immediately.

Serves 4-6

ingredients

- **1 bag (11 oz) tortilla chips**
- **1 lb ground beef**
- **1 packet (1.25 oz) taco seasoning**
- **½ cup water**
- **1 cup shredded cheddar cheese**
- **1 cup sour cream**
- **½ cup guacamole**
- **¼ cup chopped tomatoes**
- **¼ cup chopped red onions**
- **¼ cup chopped cilantro**

tip from the chef

Top with sliced black olives, jalapeno slices, lettuce and salsa!

tex-mex
stuffed bell peppers

■■□ | Cooking time: 25 minutes - Preparation time: 15 minutes

ingredients

- 4 bell peppers, any color
- 1 pound ground beef
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn, drained
- 1 (10 ounce) can diced tomatoes and green chiles, undrained
- ½ cup shredded cheddar cheese
- ¼ cup chopped fresh cilantro

method

1. Preheat oven to 375 degrees F (190 degrees C).
2. Cut bell peppers in half lengthwise and remove seeds and ribs.
3. In a large skillet, brown ground beef, onion, and green bell pepper over medium heat. Drain off excess fat.
4. Stir in black beans, corn, tomatoes and green chiles, cheddar cheese, and cilantro. Bring to a boil, then reduce heat and simmer for 5 minutes, or until cheese is melted.
5. Stuff bell pepper halves with filling. Bake in preheated oven for 25 minutes, or until peppers are tender.

Services 4

tip from the chef

Serve with a side of yellow rice and salsa!

chicken tortilla soup

■■□ | Cooking time: 15 minutes - Preparation time: 5 minutes

method

1. In a large saucepan, combine the chicken, tomatoes, black beans, corn, chili powder, cumin, salt, and black pepper.
2. Bring to a boil over medium heat, then reduce heat and simmer for 15 minutes, or until heated through.
3. Stir in the cilantro.
4. Ladle the soup into bowls and top with sour cream and tortilla chips.

Serves 4

ingredients

- 2 cups cooked chicken, shredded
- 1 can (10 ounces) diced tomatoes and green chiles, undrained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) corn, drained
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup chopped fresh cilantro
- ¼ cup sour cream, for serving (optional)
- Tortilla chips, for serving

tip from the chef

Serve with sliced avocado for an added flavor!

shrimp tacos
with slaw

■■□ | Cooking time: 10 minutes - Preparation time: 10 minutes

ingredients

- 1 pound large shrimp, peeled and deveined
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons olive oil
- 12 corn tortillas
- 1 cup shredded cabbage
- ½ cup chopped red onion
- ½ cup chopped cilantro
- ¼ cup lime juice
- ¼ cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

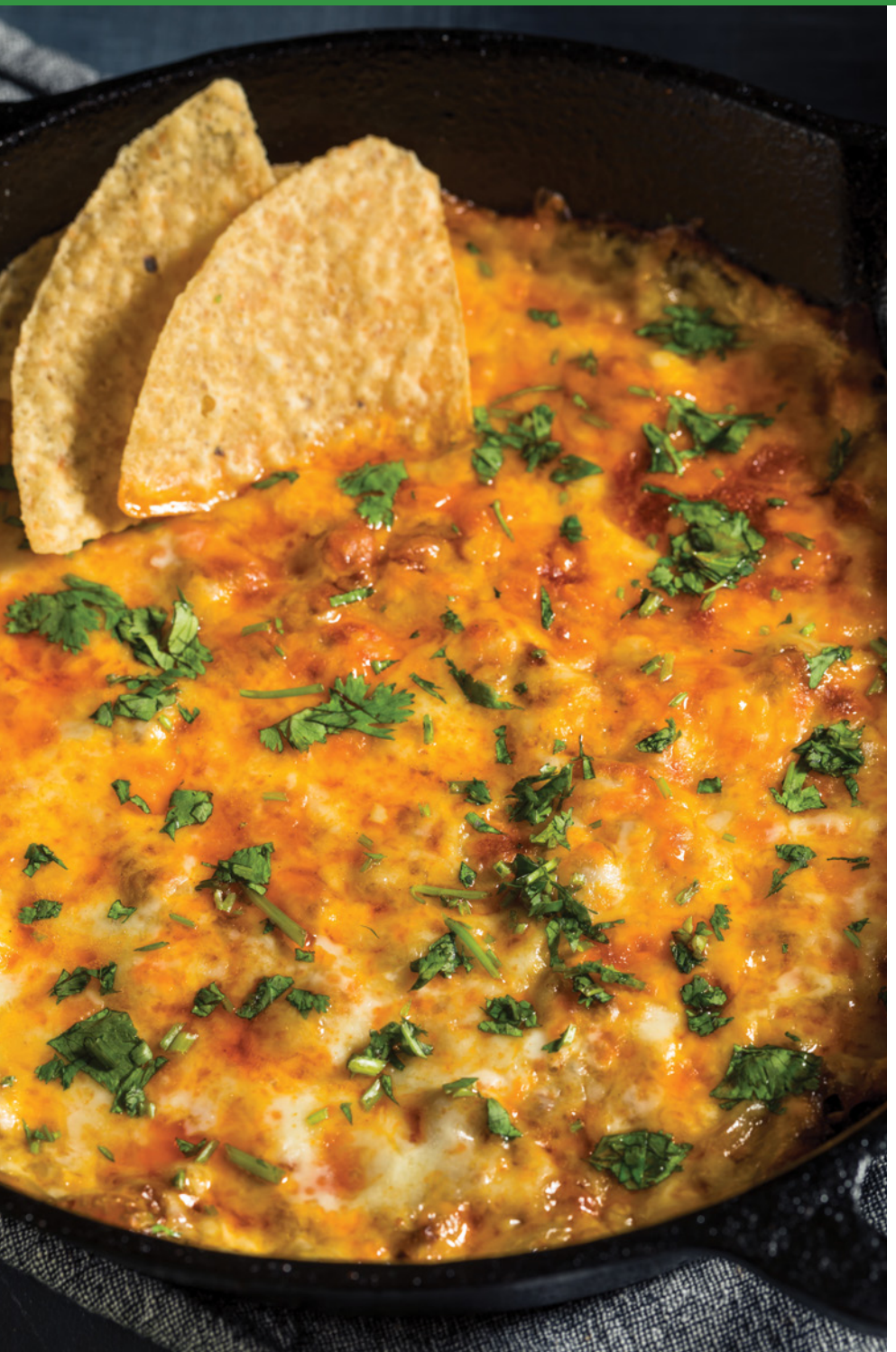
method

1. In a bowl, combine the shrimp, chili powder, cumin, salt, and black pepper. Toss to coat.
2. Heat olive oil in a large skillet over medium-high heat. Add the shrimp and cook, stirring occasionally, until cooked through (about 2 minutes per side).
3. Warm the tortillas in a skillet or on a griddle until heated.
4. To make the slaw, combine the cabbage, red onion, cilantro, lime juice, olive oil, salt, and black pepper in a bowl.
5. Assemble the tacos by filling them with the shrimp, slaw, and any other desired toppings.

Serves 4

tip from the chef

If you like a creamy slaw, just replace the olive oil with mayonnaise!



buffalo
chicken dip with tortilla chips

■□□ | Cooking time: 20 - 25 minutes - Preparation time: 15 minutes

method

1. Preheat your oven to 350°F (175°C).
2. In a mixing bowl, combine the softened cream cheese, buffalo sauce, and ranch dressing until smooth.
3. Stir in the shredded chicken and half of the shredded cheddar cheese into the mixture.
4. Transfer the mixture to a baking dish and spread it evenly.
5. Sprinkle the remaining cheddar cheese on top. Bake in the preheated oven for 20-25 minutes, or until the dip is bubbly and the cheese is melted and slightly browned.

Serves 6-8

ingredients

- **2 cups cooked chicken, shredded (rotisserie chicken works well)**
- **8 ounces cream cheese, softened**
- **½ cup buffalo sauce (adjust to taste for spiciness)**
- **½ cup ranch dressing**
- **1 cup shredded cheddar cheese**
- **Tortilla chips for serving**

tip from the chef

Serve with Tortilla Chips And Sour Cream on the side.

beef
and bean chili

■□□ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients

- 1 pound ground beef
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- 2 (14.5-ounce) cans black beans, rinsed and drained
- 2 (10-ounce) cans diced tomatoes and green chilies, undrained
- 1 (15-ounce) can tomato sauce
- 1 (15-ounce) can tomato soup
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper

method

1. In a large pot or Dutch oven over medium heat, brown the ground beef, onion, green bell pepper, and red bell pepper.
2. Add the black beans, tomatoes and green chilies, tomato sauce, tomato soup, chili powder, cumin, salt, and black pepper.
3. Bring to a boil, then reduce heat and simmer for 30 minutes, or until heated through.
4. Serve with your favorite toppings, such as shredded cheese, sour cream, and chopped cilantro and chopped green onions.

Serves 4-6

tip from the chef

Serve with lime wedges and tortilla chips!

grilled tex-mex
corn on the cob

■□□ | Cooking time: 15-20 minutes - Preparation time: 10 minutes

method

1. Preheat your grill to medium-high heat.
2. In a large bowl, whisk together the olive oil, lime juice, chili powder, cumin, salt, and pepper.
3. Add the corn cobs to the bowl and turn to coat evenly in the marinade.
4. Place the corn cobs on the grill and cook for 15-20 minutes, turning occasionally, until the corn is tender and slightly charred.
5. Serve immediately with your favorite toppings, such as sour cream, butter, or cheese.

Serves: 6

ingredients

- **6 ears of corn, husked and silked**
- **¼ cup olive oil**
- **¼ cup lime juice**
- **¼ cup chili powder**
- **1 teaspoon ground cumin**
- **1 teaspoon salt**
- **½ teaspoon black pepper**

tip from the chef

Decorate your platter of corn with lime wedges and cilantro!

chicken
fajita bowls

■■□ | Cooking time: 15 minutes - Preparation time: 15 minutes

ingredients

- 2 boneless, skinless chicken breasts, seasoned with Fajita Seasoning
- 1 bell pepper, thinly sliced
- 1 onion, thinly sliced
- ½ cup salsa
- ½ cup guacamole
- ¼ cup sour cream
- 1 ripe avocado, sliced
- 4 corn tortillas, cut into wedges
- Lime wedges, for garnish

method

1. Heat a large skillet over medium-high heat. Add chicken breasts and cook until cooked through, about 5-7 minutes per side. Remove from the skillet and let rest for 5 minutes.
2. Add bell peppers and onions to the skillet and cook until softened, about 5-7 minutes.
3. Shred the chicken and add it back to the skillet with the peppers and onions. Stir in the salsa.
4. Warm the tortillas in the microwave or a skillet until heated through.
5. Assemble the bowls by placing a tortilla wedge in each bowl and topping with chicken fajita mixture, avocado slices, and lime wedges a dollop of sour cream.

Serves 4 people

tip from the chef

Serve with a side of rice!

veggie quesadillas
with avocado salsa

■■□ | Cooking time: 15 minutes - Preparation time: 10 minutes

method

1. In a large skillet, heat a little oil over medium heat. Add the bell peppers, zucchini, corn, and black beans and cook until softened.
2. Add the cheese and stir until melted.
3. Spread a layer of guacamole on one half of each tortilla. Top with the veggie mixture and then add a dollop of sour cream and salsa.
4. Fold the tortillas in half and heat in a skillet until golden brown and crispy.
5. Slice and serve.

Serves 4

ingredients

- **1 red bell pepper, thinly sliced**
- **1 yellow bell pepper, thinly sliced**
- **1 zucchini, thinly sliced**
- **½ cup corn kernels**
- **½ cup black beans, rinsed and drained**
- **½ cup shredded cheese (Mexican blend or cheddar)**
- **4 large tortillas**
- **½ cup guacamole**
- **¼ cup sour cream**
- **¼ cup salsa**

tip from the chef

Serve with chips and yellow rice!

beef
empanadas

■■□ | Cooking time: 8 hours - Preparation time: 10 minutes

ingredients

- 1 pound ground beef
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup shredded cheddar cheese
- ¼ cup sour cream
- 10 empanada wrappers

method

1. Preheat oven to 375°F (190°C).
2. In a large skillet, brown the ground beef, onion, and green bell pepper over medium heat.
3. Season with chili powder, cumin, salt, and black pepper.
4. Stir in the cheddar cheese and sour cream.
5. Place a spoonful of the beef mixture in the center of each empanada wrapper. Fold the wrapper over and seal the edges.
6. Bake for 20 minutes, or until golden brown.

Serves 5

tip from the chef

Serve with black beans and rice!

chicken

fajita stuffed peppers

■■□ | Cooking time: 30 minutes - Preparation time: 15 minutes

method

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut the tops off of the bell peppers and set aside and remove the seeds and ribs.
3. In a large bowl, combine the chicken, onion, green bell pepper, red bell pepper, tomato soup, green chilies, cheddar cheese, and cilantro.
4. Stuff the bell peppers with the chicken mixture and put the tops back on.
5. Bake in the preheated oven for 30 minutes, or until the peppers are tender and the filling is hot and bubbly.

Serves 6

ingredients

- **6 bell peppers (any color)**
- **1 pound boneless, skinless chicken breasts, cooked and shredded**
- **1 cup chopped onion**
- **1 cup chopped green bell pepper**
- **1 cup chopped red bell pepper**
- **1 (10.75 ounces) can of condensed tomato soup**
- **1 (4.5 ounces) can of chopped green chilies, undrained**
- **½ cup shredded cheddar cheese**
- **¼ cup chopped fresh cilantro**

tip from the chef

Serve with your favorite store bought Spanish Rice!

beef
tostadas

■■□ | Cooking time: 20 minutes - Preparation time: 15 minutes

ingredients

- 1 pound ground beef
- 1 packet taco seasoning
- 1 cup water
- ½ cup chopped onion (extra chopped onions for toppings)
- ½ cup chopped green bell pepper
- ½ cup chopped tomato
- ½ cup crumbled Mexican Cheese
- ¼ cup sour cream
- ¼ cup salsa
- chopped Cilantro
- 12 tostada shells

method

1. In a large skillet, brown the ground beef over medium heat. Drain off any excess grease.
2. Add the taco seasoning, water, onion, and green bell pepper to the skillet and stir to combine. Bring to a simmer and cook for 10-15 minutes, or until the beef is cooked through.
3. Preheat the oven to 400 degrees F (200 degrees C).
4. Place the tostada shells on a baking sheet and top each one with a scoop of the beef mixture.
5. Bake for 5-7 minutes.
6. Top with the crumbled cheese, tomatoes, chopped onions, and cilantro.

Serves 4-6

tip from the chef

Garnish plates with lime wedges!

bbq pork tacos

with tex-mex bbq sauce

■■□ | Cooking time: 2 Hours - Preparation time: 15 minutes

method

1. In a large bowl, combine the pork, BBQ sauce, apple cider vinegar, chili powder, salt, and pepper. Mix well to coat the pork.
2. Cover the bowl and refrigerate for at least 30 minutes or up to overnight.
3. Preheat the oven to 325 degrees F (165 degrees C).
4. Transfer the pork to a baking dish and bake for 1 hour and 30 minutes, or until the pork is tender and cooked through.
5. Serve the pork tacos with corn tortillas, shredded cabbage, cilantro, sour cream, and salsa.

Serves 6

ingredients

- **2 pounds boneless pork shoulder, cut into 1-inch pieces**
- **1 cup Tex-Mex BBQ sauce**
- **¼ cup apple cider vinegar**
- **1 tablespoon chili powder**
- **1 teaspoon salt**
- **½ teaspoon black pepper**
- **12 corn tortillas**
- **1 cup shredded cabbage**
- **½ cup chopped cilantro**
- **½ cup sour cream**
- **¼ cup salsa**

tip from the chef

Serve with black beans, mexican rice or refried beans!

black bean soup

■■□ | Cooking time: 1 hour - Preparation time: 15 minutes

ingredients

- 2 cups dried black beans, rinsed and sorted
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 jalapeño pepper, seeded and minced (optional)
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 cups vegetable broth
- 1 (15-ounce) can of diced tomatoes, undrained
- 1 (15-ounce) can of corn, drained
- ½ cup chopped fresh cilantro

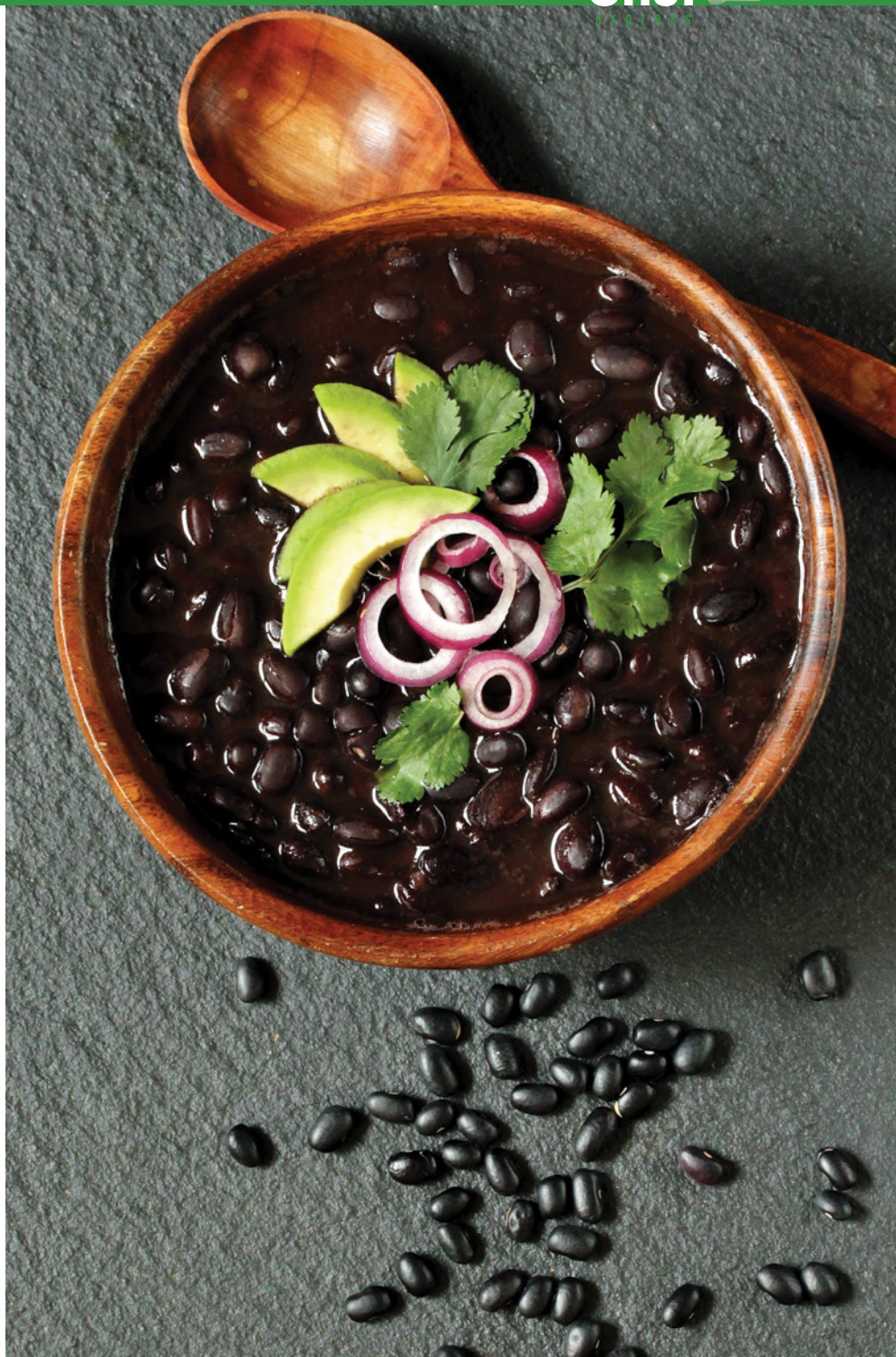
method

1. In a large pot or Dutch oven, combine the black beans, onion, garlic, green bell pepper, red bell pepper, jalapeño pepper (if using), cumin, chili powder, salt, black pepper, and vegetable broth.
2. Bring to a boil over medium-high heat, then reduce heat to low, cover, and simmer for 1 hour, or until the beans are tender.
3. Stir in the tomatoes, corn, and cilantro. Cook for 5-10 minutes, or until heated through.
4. Serve immediately with desired toppings, such as sour cream, shredded cheese, or avocado.

Serves 4-6

tip from the chef

The best side dishes to serve with black bean soup are cilantro lime rice and cornbread!



beef
and cheese chimichangas

■■□ | Cooking time: 20 minutes - Preparation time: 15 minutes

method

1. In a large skillet, cook the ground beef, onion, and green bell pepper over medium heat until the beef is browned and the vegetables are softened.
2. Drain off any excess fat.
3. Stir in the tomatoes, cheddar cheese, and Monterey Jack cheese.
4. Heat a large skillet over medium heat. Add a little vegetable oil to the skillet.
5. Place about ½ cup of the beef filling in the center of the tortilla. Fold it tightly, pulling the sides in and wrap like a burrito.
6. Fry the Chimichangas until golden brown and remove.

Serves 5-6

ingredients

- **1 pound ground beef**
- **½ cup chopped onion**
- **½ cup chopped green bell pepper**
- **1 (10-ounce) can diced tomatoes and green chilies, undrained**
- **½ cup shredded cheddar cheese**
- **½ cup shredded Monterey Jack cheese**
- **10 burrito tortillas**
- **Vegetable oil for frying**

tip from the chef

Top with Pica De Galo and Guacamole!

tex-mex chicken
and rice casserole

■■□ | Cooking time: 30-35 minutes - Preparation time: 15 minutes

ingredients

- 1 cup uncooked white rice
- 2 cups chicken broth
- 1 pound boneless, skinless chicken breasts, cooked and shredded
- 1 (10-ounce) can diced tomatoes and green chiles, undrained
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can corn, drained
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup shredded Mexican cheese blend

method

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine the rice, chicken broth, chicken, tomatoes, beans, corn, chili powder, cumin, salt, and pepper. Stir until well combined.
3. Pour the mixture into a 9x13-inch baking dish.
4. Bake for 25-30 minutes, or until the rice is cooked through and the casserole is bubbly.
5. Sprinkle the cheese on top and bake for 5 minutes more, or until the cheese is melted.

Servings 4-6

tip from the chef

Serve with baked crusty bread.

spicy potato skins

■■□ | Cooking time: 30 minutes - Preparation time: 10 minutes

method

1. Preheat oven to 400°F (200°C).
2. Scrub potatoes and prick them with a fork. Bake for 30 minutes or until tender.
3. Cut potatoes in half lengthwise and scoop out the flesh, leaving a ¼-inch (0.6 cm) border.
4. Drizzle the potato skins with olive oil and sprinkle with chili powder, cumin, and salt. Bake for 10 minutes or until golden brown.
5. Top with cheddar cheese, onion, bell pepper, salsa, and sour cream. Bake for 5 minutes or until the cheese is melted.

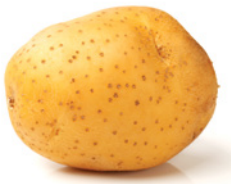
Serves 4

ingredients

- **6 large potatoes**
- **1 tablespoon olive oil**
- **½ cup shredded cheddar cheese**
- **¼ cup chopped onion**
- **¼ cup chopped bell pepper**
- **¼ cup salsa**
- **¼ cup sour cream**
- **1 tablespoon chili powder**
- **½ teaspoon ground cumin**
- **¼ teaspoon salt**

tip from the chef

Serve with Buffalo chicken dip and tortilla chips!



beef & cheese
stuffed jalapeños

■■□ | Cooking time: 15 minutes - Preparation time: 15 minutes

ingredients

- 12 jalapeño peppers
- 1 pound ground beef
- 8 ounces shredded cheddar cheese
- ½ cup bread crumbs
- ¼ cup chopped onion
- ¼ cup chopped bell pepper
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup olive oil

method

1. Preheat oven to 350°F (175°C).
2. Cut the jalapeños in half lengthwise and remove the seeds.
3. In a large bowl, combine the ground beef, cheese, bread crumbs, onion, bell pepper, garlic powder, salt, and pepper.
4. Stuff the jalapeño halves with the beef mixture.
5. Place the stuffed jalapeños on a baking sheet and drizzle with olive oil.
6. Bake for 20 minutes, or until the beef is cooked through and the cheese is melted.

Serves 4-6

tip from the chef

Spice this dish up and serve with a side of green jalapeno sauce and chips!

avocado & black bean salsa

■□□ | Cooking time: None - Preparation time: 15 minutes

method

1. In a large bowl, combine the diced avocados, black beans, diced tomatoes, diced red onion, and chopped cilantro.
2. If you want to add some heat, you can also include diced jalapeño pepper.
3. Squeeze the juice of one lime over the mixture to add a refreshing citrus flavor.
4. Gently toss everything together until well combined.
5. Season with salt and pepper to taste.

Serves 4-6

ingredients

- **2 ripe avocados, diced**
- **1 can (15 ounces) black beans, drained and rinsed**
- **1 cup diced tomatoes**
- **½ cup diced red onion**
- **¼ cup chopped fresh cilantro**
- **Juice of 1 lime**
- **Salt and pepper to taste**

Optional: Jalapeño pepper for some heat (diced, to taste)

tip from the chef

Enjoy your delicious avocado and black bean salsa as a dip or a topping for various dishes such as rice or a side dish with tacos!

veggie chili
with Spicy Seasoning

■■□ | Cooking time: 30 minutes - Preparation time: 15 minutes

ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 bell peppers, diced
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can corn, drained
- 1 (10 ounce) can diced tomatoes and green chilies, undrained
- 1 (15 ounce) can tomato sauce
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup chopped fresh cilantro

method

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion and garlic and cook until softened, about 5 minutes.
3. Add the bell peppers and cook for 5 minutes more.
4. Stir in the black beans, kidney beans, corn, tomatoes and green chilies, tomato sauce, chili powder, cumin, salt, and black pepper. Bring to a simmer and cook for 20 minutes, or until heated through.
5. Stir in the cilantro and serve.

Serves 4-6

tip from the chef

Serve with crispy mexican chips, and sides of sour cream and shredded cheese!

beef & bean queso dip

■□□ | Cooking time: 2 hours 20 minutes - Preparation time: 10 minutes

method

1. Cook ground beef in a large skillet over medium heat until browned. Drain off any excess fat.
2. Add black beans, corn, tomatoes, tomato soup, onion, green bell pepper, chili powder, cumin, salt, and pepper to the skillet. Bring to a simmer and cook for 15 minutes, stirring occasionally.
3. Stir in cheddar cheese and Monterey Jack cheese until melted.

Serves 6-8

ingredients

- 1 pound ground beef
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) corn, drained
- 1 can (10 ounces) diced tomatoes with green chilies, undrained
- 1 can (10 ounces) tomato soup
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese

tip from the chef

Serve with tortilla chips, pita bread, or vegetables.

chicken & cheese
taquitos with salsa ranch

■■□ | Cooking time: 10 minutes - Preparation time: 10 minutes

ingredients

- 1 pound boneless, skinless cooked chicken breasts, shredded.
- 1 (10-ounce) can diced tomatoes and green chiles, undrained
- 1 (10.75-ounce) can condensed cream of chicken soup
- ¼ cup salsa
- ¼ cup shredded cheddar cheese
- 10 (6-inch) corn tortillas
- Vegetable oil, for frying

Salsa Ranch Dipping Sauce:

- 1 cup sour cream
- ½ cup salsa
- ¼ cup ranch dressing
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

method

1. In a large bowl, combine the chicken, tomatoes and green chiles, cream of chicken soup, salsa, and cheddar cheese. Mix well.
2. Spread about ¼ cup of the chicken mixture down the center of each tortilla. Roll up the tortillas tightly and secure with toothpicks.
3. Heat about 1 inch of vegetable oil in a large skillet over medium heat.
4. Fry the taquitos in the hot oil until golden brown and crispy, about 2 minutes per side.
5. Serve the taquitos immediately with the Salsa Ranch Dipping Sauce

Salsa Ranch Dipping Sauce:

6. In a small bowl, combine all of the ingredients for the Salsa Ranch Dipping Sauce. Mix well.
7. Serve the dipping sauce with the taquitos

Serves 4-6

tip from the chef

You can substitute the shredded chicken for shredded beef for another variation!

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