

## **Sweet Tortillas** **Tortillas de Azucar (Sugar Tortillas)**

<i>2 cups</i>	<i>flour</i>
<i>½ cup</i>	<i>sugar</i>
<i>¼ cup</i>	<i>shortening</i>
<i>½ tsp</i>	<i>baking powder</i>
<i>1 tsp</i>	<i>salt</i>
<i>½ cup</i>	<i>warm to hot water</i>

1. In a large mixing bowl, combine flour, sugar, baking powder, and salt. Mix in shortening until mixture becomes grain add water, gradually kneading the mixture, to form a soft ball.
2. Separate dough to form small balls. On a lightly floured surface, using a rolling pin, roll ball into circles of about 4 inches in diameter and ¼ inch thick.
3. Heat griddle or comal, place rolled tortilla on hot griddle and cook about 1 minute on each side.

## **Salsa Verde** **(Green Chile Salsa)**

<i>6-10</i>	<i>tomatillos</i>
<i>2</i>	<i>jalapeno peppers</i>
<i>1 cup</i>	<i>cilantro chopped</i>
<i>1 large</i>	<i>avocado, peeled and seeded</i>
<i>1 cup</i>	<i>milk</i>
<i>2 tsp</i>	<i>salt</i>
<i>1 tlbs</i>	<i>garlic powder</i>

1. Remove leafy skin cover from the tomatillos and boil with jalapeno peppers until soft, about 10-15 minutes.
2. Using a blender, blend tomatillo, jalapeno, avocado, cilantro sprigs, milk, salt, and garlic powder until well blended and pureed.
3. Place in a refrigerated storing container and keep refrigerated until needed. Mix well before serving.

## **Arroz con Pollo** **(Chicken & Rice)**

<i>2 ½-3lbs</i>	<i>whole chicken cut into serving pieces or just use your favorite chicken parts</i>
<i>3 tbsp</i>	<i>cooking oil</i>
<i>2 cups</i>	<i>long grain rice</i>
<i>4 cups</i>	<i>chicken broth or water</i>
<i>½</i>	<i>onion, chopped</i>
<i>½</i>	<i>tomato, chopped</i>
<i>¾ cup</i>	<i>tomato sauce</i>
<i>2 tsp</i>	<i>salt</i>
<i>1 tsp</i>	<i>garlic powder</i>
<i>1 tsp</i>	<i>comino</i>
<i>½ tsp</i>	<i>pepper</i>

1. Rinse chicken, drain and pat dry. Heat oil in a large skillet on medium heat. Salt and pepper chicken, then add it to hot oil. Cook 8 minutes on each side, or until chicken is brown and well done. Remove from heat and set aside.
2. To remaining oil, add rice and stir until lightly browned. Add onions, tomatoes, chicken pieces and the rest of ingredients. Stir and bring to a full boil, reduce heat to a simmer and cover. Cook about 15 minutes, or until water is absorbed.

## **Carne Guisada** **(Stewed Beef)**

<i>3 lbs</i>	<i>round or sirloin steak, cut into small cubes</i>
<i>2 tbsp</i>	<i>flour</i>
<i>½</i>	<i>onion, chopped</i>
<i>1</i>	<i>tomato, chopped</i>
<i>1 small</i>	<i>bell pepper, chopped</i>
<i>1 cup</i>	<i>tomato sauce</i>
<i>2 ½ cups</i>	<i>water</i>
<i>2 tsp</i>	<i>salt</i>
<i>1 tsp</i>	<i>pepper</i>
<i>1 ½ tsp</i>	<i>garlic powder</i>
<i>1 tsp</i>	<i>comino</i>
<i>1 tsp</i>	<i>oregano</i>
<i>2 tbsp</i>	<i>oil</i>

1. Heat oil in a large skillet over medium heat, add cubed meat and brown. Remove all but 1 tsp of oil, add spices, tomatoes and onions; sauté until vegetables are tender and spices are dissolved.

2. Pushing the meat over to one side of the pan, add flour and brown; mix well into meat mixture. Add water and tomato sauce, salt to taste. Bring to boil, cover and simmer 35 minutes, or until meat is tender

## FRIJOLES AL LA CHARRA

1 large can pinto beans

5 slices of bacon

1 med tomato - diced

1 med onion - diced

2 stalks of celery -diced

2 tlbs garlic powder

1 small bell pepper

2 tlbs salt

2 tlbs pepper

2 tlbs cumin

2 tlbs consume de pollo

1 med. bunch of cilantro - chopped

Open can of beans and pour into a deep pan and heat on low, stirring occasionally. In separate skillet, cook bacon until crispy, remove, crumble and set aside. In dripping from bacon sauté onions, celery and bell pepper until soft. Stir in tomatoes and seasoning until heated thru, remove from heat. Add the vegetables and bacon to the pot of beans and continue to simmer for 20 minutes. Stir in cilantro and simmer for another 5 minutes. For spicy beans, add a can of rotel tomatoes to the vegetable mixture.

## Calabacita (Pork and Zucchini Stew)

<i>3 lbs</i>	<i>pork tenderloin, chopped</i>
<i>3 medium</i>	<i>zucchini, sliced</i>
<i>½</i>	<i>onion, chopped</i>
<i>½</i>	<i>bell pepper, chopped</i>
<i>½</i>	<i>tomato, chopped</i>
<i>½ cup</i>	<i>tomato sauce</i>
<i>1 small</i>	<i>cup of Mexicali or white corn</i>
<i>2 tbsp</i>	<i>vegetable oil</i>
<i>1 cup</i>	<i>water</i>
<i>1 tsp</i>	<i>salt</i>
<i>1 tsp</i>	<i>pepper</i>
<i>1 tsp</i>	<i>comino</i>
<i>1 tsp</i>	<i>garlic powder</i>

1. In a dutch oven, in hot oil, brown meat over medium high heat, until well done.
2. Add onions, bell pepper, tomatoes and spices; sauté for another 2 minutes.
3. Once meat is well done and vegetables are tender, remove any excess oil from the pan, add zucchini and mix well. Add water, tomato sauce and additional spices to taste. Bring to a boil, reduce heat, cover and simmer for 30 minutes.
4. Mix in corn, simmer for another 15 minutes.

## Margarita

<i>11 oz</i>	<i>lime juice</i>
<i>3 oz</i>	<i>tequila</i>
<i>3 oz</i>	<i>triple sec</i>

1. Mix all ingredients in a pitcher and pour over ice.
2. For frozen Margaritas, mix in a blender with ice.
3. Prepare glasses by rubbing the edge of the glass with lime juice and dip the edge of the glass in a salt-filled plate.

## **Bunuelos** **(Sweet Fried Tortillas)**

*Bunuelos are a traditional sweet tortilla made on New Year's Eve. They are rolled thinly, deep fried and coated.*

*1 pkg 10" burrito tortillas. these  
tortillas are thinner than  
regular sized store bought*

*tortillas*

*2 cup cooking oil*

*1 cup sugar*

*3 tsp.*

*3 tsp.*

*cinnamon*

*Nestlé's Quick*

*Chocolate*

1. Cut tortillas as you would a pizza, into wedges. Heat oil for frying; once oil is hot, deep fry tortilla triangles until crispy and golden brown drain on a paper towel and coat with mixture sugar, cinnamon and chocolate.

## **Arroz Mexicano** **(Mexican Rice)**

*2 cups*

*½ cup*

*4 cups*

*½*

*½*

*2 tbsp*

*2 tsp*

*1 tsp*

*2 tsp*

*1 tsp*

*1 tsp*

*long grain rice*

*tomato sauce*

*water*

*onion, chopped*

*bell pepper, chopped*

*cooking oil*

*salt*

*pepper*

*garlic powder*

*comino*

*chicken boullion*

1. Heat oil in a 10 inch skillet and brown rice. Once rice is browned, mix in onion bell pepper. Saute well. Add water and tomato sauce, spices and bouillion. Mix well.
2. Bring mixture to a full boil. Cover, reduce heat to a simmer and cook until all the water has been absorbed, about 15 minutes.
3. Serves 6 to 8.

**VARIATION:**

1. If you are out of tomato sauce, sauté chopped tomato with onion and bell pepper.
2. Once you have added spices, toss in two whole Serrano peppers and let them cook with the rice.
3. Add a cup of peas or diced carrots.

TACOS A LA VARA

1lb.

Chicken Breast or whatever type of chicken you want to use  
(can also be rotisserie chicken already cooked)

Flour tortillas

Tsp. of Salt and Pepper to chicken

1 1/2 of canola oil to fry tacos

Fixings-

Lettuce

Tomatoes

Sour Cream

Guacamole or sliced avocado

Place chicken in pot with 3 cups of water and with salt and pepper and boil until tender

Remove chicken from water and dice

Heat tortilla a few minutes so that it can be soft

Placed diced chicken inside tortilla and close taco style

Secure with toothpick

Heat oil in pan at medium high heat

Place tacos in oil and brown on both sides

Remove set on a paper lined tray to drain

Remove toothpicks and fill with fixings and ready to eat

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2 stalks of celery -diced

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1 small bell pepper

2 tlbs salt

2 tlbs pepper

2 tlbs cumin

2 tlbs consume de pollo

1 med. bunch of cilantro - chopped

Open can of beans and pour into a deep pan and heat on low, stirring occasionaly. In seperate skillet, cook bacon until crispy, remove, crumble and set aside. In dripping from bacon saute onions, celery and bell pepper until soft. Stir in tomatoes and seasoning until heated thru, remove from heat. Add the vegetables and bacon to the pot of beans and continue to simmer for 20 minutes. Stir in cilantro and simmer for another 5 minutes. For spicy beans, add a can of rotel tomatoes to the vegetable mixture.