

# MEXICAN

## BLACK BEAN BURRITOS

Arlene Jones

1/2 onion  
1 clove garlic  
1 pkg. Spanish rice  
1 can black beans  
1 (10oz.) pkg. frozen corn or 1 can  
1 tsp. chili powder  
1 tsp. cumin  
1 tomato, cut up

Cook rice according to package directions. Sauté onion and garlic in frying pan. Add black beans, corn, spices and tomato's to onions and garlic. Stir in Spanish rice. Simmer 5 minutes. Serve with flour tortillas.

## BURRITOS

### FILLINGS:

Chicken Fajitas (below)  
Refried Beans or Sticky Stew (in this section)  
"Taco Ring" filling (see recipe in "Beef & Pork")  
Taco seasoned ground beef

### TOPPINGS:

cheese  
lettuce, finely shredded  
raw onions, diced small  
sour cream  
taco sauce

## CHICKEN DIEGO

Sherrie Apperson\*

[Per Serving:]

1 chicken breast, pounded flat (about 1/2") and grilled, roasted or sautéed  
1 whole roasted green chile, split, deseeded & placed flat on chicken breast  
1/4 c. picante sauce, pureed (leave somewhat chunky)  
1/4 avocado, sliced thin  
2 Tbsp. sour cream  
1/4 c. grated cheddar & jack cheese

Chicken, chiles and picante sauce should be pre-warmed — assemble in this order on an oven-safe dinner plate. Heat in a 350° oven or microwave until cheese is melted. Serve immediately with any side dishes of your choice.

## CHICKEN FAJITAS

Sherrie Apperson\*

4 chicken breasts, sliced thin  
1 onion  
1 pkg. frozen green, yellow and red peppers  
2 Tbsp. coriander  
1 Tbsp. cumin  
1 Tbsp. sugar  
flour tortillas  
sour cream  
shredded cheddar cheese  
taco sauce

Stir-fry chicken in small amount of oil until no longer pink; remove from skillet. Add onion and 1/4 c. water to skillet and cook until almost translucent and soft; add frozen peppers, continue until cooked through. Put meat back into skillet, add coriander, cumin, and sugar; continue cooking until reheated.

### CHICKEN FAJITAS IN A PITA:

Cut pita all the way across, but not quite in half – about 60/40. Gently open both pieces, and fit smaller piece inside larger one – helps keep juices inside. Stuff first with a large piece of romaine lettuce, then fajita filling & cheese.

## CHILE RELLENO CASSEROLE

Karen Smith

1 lb. monterey jack cheese, grated  
1 lb. cheddar cheese, grated  
2-4 (12 oz.) cans whole green chiles  
4 eggs, separated  
1 (12 oz.) can evaporated milk  
2 Tbsp. flour  
SAUCE:  
1/4 c. butter  
1/4 c. flour  
1 c. beef broth  
1 c. tomato sauce

Lightly coat a 10x15 pan with cooking spray. (If using 4 cans of chiles, put one layer on bottom of pan; if using 2 cans, start with next step.) Layer cheeses in bottom of pan and cover with a layer of green chiles. Mix evaporated milk, egg yolks and flour. Beat egg whites until stiff, then fold in yolk mixture. Pour egg mixture over chiles. Bake at 350° for 45 minutes to 1 hour, or until eggs are set and lightly browned.. While casserole is baking, melt butter in saucepan over medium heat, whisk flour in until smooth, and cook for about 1 minute. Stir in beef broth and tomato sauce until smooth, and stir until thickened. Spread sauce over top of casserole before serving. Garnish each serving with a dollop of sour cream and a whole olive.

## CHILES RELLENOS

Karen Kerrigan

12 whole green chiles, seeds removed  
3/4 lb. monterey jack cheese, shredded  
1 + 1/2 c. flour  
1 tsp. baking powder  
1/2 tsp. salt  
1 c. milk  
2 eggs

oil or shortening for deep frying

SAUCE:  
1/4 c. butter  
1/4 c. flour  
1 c. beef broth  
1 c. tomato sauce

Stuff each chile with about 1/4 c. cheese. Mix flour, baking powder, and salt together in a bowl. In a separate bowl, whisk milk and eggs together; pour into flour mixture and beat until smooth and the consistency of thick cream. Dip each stuffed chile into batter, coating well, especially open top and cheese. Gently slide into a skillet with 1 + 1/2" hot oil and fry until deeply golden brown on all sides. Arrange nicely on a platter, spoon sauce over stuffed chiles. Top with a dollop of sour cream and an olive.

## CORNCAKE

Sherrie Apperson

1 c. cornmeal  
1/2 c. sugar  
1 tsp. baking powder  
1/4 tsp. salt

1/4 c. butter, melted  
1/4 c. water  
1 can cream style corn

Mix dry ingredients in small casserole dish; stir in melted butter, then water and corn. Bake at 350° for 35–40 minutes, until barely browned.

## ENCHILADAS – CHICKEN

Karen Kerrigan

flour tortillas  
shredded chicken  
cheese

onions, chopped fine  
chopped olives  
red enchilada sauce

## ENCHILADAS – CHICKEN

Tammy Lawrence

flour tortillas  
shredded boiled chicken  
onions

cheese  
flour & salt to make gravy from  
chicken stock

## ENCHILADAS – CREAMY CHICKEN

Alysia Thiriot

## ENCHILADAS – de POLLO

Arlene Jones

1 (16 oz.) can tomatoes  
1 (4 oz.) can green chili peppers,  
rinsed and seeded  
1/2 tsp. coriander seed  
1/2 tsp. salt  
1 c. sour cream  
2 c. cooked chicken, chopped fine

1 oz. package cream cheese, softened  
1/4 c. finely chopped onion  
3/4 tsp. salt  
2 Tbsp. cooking oil  
12 6-inch tortillas  
1 c. shredded Monterey jack cheese

Place undrained tomatoes, chili peppers, coriander seed, and the 1/2 tsp. salt in blender container. Cover; blend till mixture is smooth. Add sour cream; cover and blend just till combined. Set aside. Combine chicken, cream cheese, onion and 3/4 tsp. salt. In Skillet heat cooking oil. Dip tortillas, one at a time, into hot oil for 10 seconds or just till limp. Drain on paper towel. Spoon chicken mixture on tortillas; roll up. Place seam side down in 12x7 1/2inch baking dish. Pour tomato mixture atop. Cover with foil; bake in 350° oven about 30 minutes or until heated through. Remove foil; sprinkle with shredded cheese. Return to oven till cheese melts. Makes 6 servings.

## ENCHILADAS – SOUR CREAM

Sherry Rich

2 (10 3/4 oz.) cans cream of mushroom soup  
2 cups sour cream  
1 (7 oz.) can green chilies  
2 cups cheddar cheese  
15 flour tortillas

Mix together soup, sour cream, and chilies. Fill tortillas with cream mixture, top with cheese and roll up. Place in casserole dish so they won't come apart. Top the tortillas with the soup mixture and then cheese. Bake for 20 minutes at 350°.

## ENCHILADAS – ONION

Sharon Rich

Las Palmas red enchilada sauce  
corn tortillas  
onions  
cheddar cheese, shredded  
monterey jack cheese, shredded

Dip tortilla in warmed enchilada sauce (a pie pan works well for dipping), move to baking pan and fill with 1/4 c. onions and 2 Tbsp. cheese. Roll up placing seam side down in pan; continue until pan is filled. Pour remaining sauce over top of enchiladas. Bake at 325° for 35 minutes. Top with cheese and return to oven until melted and bubbly. Serve with a dollop of sour cream. Good with spanish rice and refried beans.

## ENCHILADAS – UNCLE STEVE

Steve Patterson\*

For each layer use:  
1 small can tomato sauce  
4 flour tortillas  
1 c. shredded roast beef  
1 c. grated cheese (cheddar and jack)  
diced tomatoes  
diced avocados  
green onions

In a greased 9x13 pan, layer the ingredients in the order they appear on the list. The pan will usually hold 3 complete layers. Then, the last layer should only have tomato sauce, flour tortillas, then more tomato sauce on top. About 10 minutes before they are finished, top with another layer of cheese. Bake at 350° for 40 minutes.

## NACHOS

tortilla chips  
hot refried beans or sticky stew ( recipe below)  
or hot chili (canned)  
cheese  
picante sauce  
sour cream  
sliced olives  
sliced green onions

Layer in order. (Opt.– microwave after adding cheese to melt it before adding remaining ingredients.)

## PORK CHILE VERDE

Karen Smith

pork roast  
1 large can green chile enchilada sauce  
2 pkgs. pork gravy mix  
onions, diced  
2 cans diced green chiles  
1 large can refried beans

Bake in a slow oven for a long time (all day). Break apart and serve over rice with warm tortillas on the side.

## QUESADILLAS

For each quesadilla:

1 large flour tortilla  
cheese, shredded (jack &/or cheddar)  
diced green chiles (opt.)  
shredded chicken (opt.)

Place tortilla on a dry, medium-hot griddle, cover 1/2 with cheese & any other desired ingredients, fold tortilla over. When browned and cheese has started to melt, turn over, brown (about two minutes on each side). Cut into 3 pieces with a pizza cutter. Serve with salsa & guacamole.

## REFRIED BEANS & STICKY STEW

Ron Jones\* & Sherrie Apperson\*

1/2 onion, diced & cooked till soft (opt.)  
1 lg. can Rosarita traditional refried beans  
1/2 c. cheddar or jack cheese, shredded  
1 Tbsp. hot Pico Pica hot sauce  
2 scant tsp. \*\*\*yellow mustard\*\*\*  
1/2–1 tsp. onion powder (opt.)  
1/4 c. milk (opt. for thinner consistency for nachos or burritos)

STICKY STEW: Add 1 lb. ground beef browned with 1 onion to refried bean recipe. Use as a filling for burritos, or just top with cheese, sour cream, & green onions. (We invented and named this recipe with our babysitter, Ann Caroll, in about 1969.)

## SONORA CHICKEN

Donna Stillman

4 chicken breasts (4 cups), cubed  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 small can chili with bean  
4 oz. salsa  
1/2 c. milk  
1 pkg. corn tortillas  
1/2 lb. monterey jack cheese  
1/2 lb. cheddar cheese

Shred the cheeses. Cook, debone and cube chicken. Mix together soups, chili, salsa, and milk. Tear tortillas into pieces. In a 9x13 pan, layer: chicken, tortillas, sauce, cheeses: Repeat. Bake at 350° for 45 minutes. Top with cheese and sliced olives. ["I don't like anyone to watch me make this because it looks gross, but it tastes GREAT!" — Donna]

## SPANISH RICE

Sherrie Apperson

1/2 small onion, diced fine  
1/2 green bell pepper, diced fine  
diced green chiles to taste  
1 c. rice  
1 c. mild red enchilada sauce  
1 c. water

Combine all ingredients in rice cooker or covered saucepan. Bring to a boil, immediately reduce heat to low, and cook for 20 minutes.

## TACO RING

Sharon Rich

1 lb. ground beef  
1 onion, diced  
1 small can diced green chiles  
1 can sliced black olives  
1 Tbsp. taco seasoning mix  
1 lb. cheddar &/or jack cheese,  
grated  
3 pkg. crescent dinner rolls

Brown beef, onion, chiles, olives, and seasoning, drain and cool. Arrange crescent rolls in a circle, center points overlapping straight edges, on a baking sheet. Stir cheese into cooled meat. Generously spoon meat mixture onto center area of crescent roll ring. Arrange long ends of crescent rolls over top of meat mixture, overlapping in a semi-braid pattern. Bake at 350° for 20–25 minutes, until dough is golden brown on top and done on the bottom.

## TACOS, TAQUITOS, & FLAUTAS

Sherrie Apperson

### TACOS:

shredded beef (leftover, or see recipe in "Beef & Pork") & corn tortillas

or

ground beef browned with onion & corn tortillas

or

shredded chicken (leftover, or see recipe in "Chicken & Turkey") & flour tortillas

monterey jack cheese, sliced, or cotija cheese, crumbled  
lettuce, shredded

mild salsa (tomatoes & onions, diced fine, lightly salted)

taco sauce

avocados, sliced or diced, or guacamole (see recipe in "Appetizers & Dips")

Heat oil on griddle to medium-high heat. Place two corn tortillas together (or one flour tortilla) flat on griddle. Quickly place 1 + 1/2 Tbsp. meat filling and a slice of cheese on one side and fold the other side over with a spatula. Repeat as many times as you have room on the griddle. As the taco becomes golden brown on one side, carefully turn over and cook until golden brown on the other side. Keep in warm oven until all are ready to serve. Serve with refried beans, finely shredded lettuce, diced red onions & diced plum tomatoes lightly salted and mixed together, and guacamole or avocado slices.

### TAQUITOS:

Roll 1–2 Tbsp. meat up in a warmed corn tortilla – fasten with a flat toothpick. Fry in oil, seam down first. Turn till all sides are browned – remove toothpick. Keep in warm oven until all are done. Serve with guacamole. (Cut in half and serve as hors d'oeuvres.)

### FLAUTAS:

Same as taquitos, except use 2–3 Tbsp. meat and flour tortillas. Serve on a bed of lettuce, topped with warmed mild red enchilada sauce, sour cream, crumbled cotija cheese, and guacamole.

### BBQ TACOS:

shredded beef or pork or chicken; or ground beef and/or sausage  
bbq sauce (Wood Ranch is best, but any mild or watered down sauce will do)  
caramelized onions, shredded cheese, flour tortillas, butter

John Apperson\*

Use only enough bbq sauce to cling to meat. Add caramelized onions & cheese; brown in butter. Top with lettuce & raw onions.

## TAMALES

Karen Kerrigan

dried corn husks (5–6 dozen)	1 + 1/2 lb. boiling meat
6 c. meal (harnilla, masa)	2 Tbsp. fat
3 + 1/2 c. water	1 c. canned green chiles
2 c. lard	1 tsp. salt
2 tsp. salt	2 c. meat stock and/or diced tomatoes

Prepare corn husks by trimming and washing and soaking in warm water. Stir together meal and water. Beat lard until creamy and add to meal. Beat to consistency of thick cream. Add salt. For filling, boil meat until tender. Cut into cubes and fry in hot fat until brown. Add chopped chiles, salt, and meat stock or tomatoes. Cook slowly for 1/2 hour – must be thick. Spread each husk with 2 Tbsp. masa (meal) and 1 heaping Tbsp. filling. Fold sides together, bring top and bottom of husk together, and tie with corn husk strings. Steam for 40 minutes or cook under pressure for 20 minutes at 15 lbs. Makes 5–6 dozen.