

Slow Cooker Mexican Quinoa

- 1 and 1/2 pounds (~4 cups) butternut squash
 - 1 cup frozen corn
 - 1 can (15.25 ounces) black beans
 - 1 cup uncooked quinoa, rinsed
 - 1 teaspoon minced garlic
 - 1 can (14.5 ounces) fire-roasted petite diced tomatoes
 - 1 small jalapeno, optional
 - 2 cans (19 ounces each) mild red enchilada sauce
 - 1 cup vegetable or chicken broth
 - 1 packet (1.25 ounces) taco seasoning
 - Optional toppings: shredded cheddar cheese, fresh lime juice, sour cream, chopped cilantro
- Order Ingredients

INSTRUCTIONS

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1. Spray your slow cooker with nonstick spray. Be generous!! I use a relatively new (5 years old) 6-quart crockpot for this recipe. Older crockpots don't always cook as quickly or the same temperature throughout the whole crockpot.
2. Peel and deseed the butternut squash. Cut it into cubes and place in the slow cooker.
3. Add in the corn, drained and rinsed black beans, rinsed quinoa (I rinse mine in a fine mesh sieve), minced garlic, undrained fire-roasted petite diced tomatoes, diced jalapeno (if desired), the 2 cans of enchilada sauce (make sure you have the right ounce amount - these are the large cans), the vegetable or chicken broth, and the packet of taco seasoning.
4. Give everything a really good stir, cover and cook on high for 3-4 hours or until the quinoa is cooked and the butternut squash is tender.
5. Remove the lid and stir everything together really well. Allow the liquid to absorb while on low for another 30 minutes or until mostly absorbed.
6. Season with any additional spices and/or salt and pepper if desired.
7. Top bowls with optional toppings - some shredded cheese, fresh lime juice, sour cream, and cilantro is what we love!

NOTES

I've had a few reader comments that this was too spicy with 2 cans of enchilada sauce. My family has never found this dish overly spicy by using a store-brand mild enchilada sauce, but if you are worried about too much spice and/or aren't using a very mild brand, you may want to try using water/broth as a substitute for the second can of enchilada sauce.

Katie Ranck

Horchata

½ cup long grain rice

1 stick cinnamon

2 cups water

¼ cup sugar

2 cups water

Ground cinnamon

Grind cinnamon stick and rice in coffee grinder. Pour into a pitcher and add the 2 cups of water.

Refrigerate overnight or 10-12 hours.

Next day pour into blender with the ¼ cup sugar and 2 more cups of water. Blend on highest speed for 1-2 minutes til completely smooth.

Pour mixture thru fine mesh sieve lines with 2 layers of cheese cloth.

Keep refrigerated. Slight separation is normal. To serve – pour over ice and dust with ground cinnamon.

Submitted by Sharla Cook

Flan (Mexican custard)

4 lg whole eggs beaten until well mixed

1/3 cup granulated sugar

pinch of salt 1 tsp real vanilla

3 1/2 cups warm milk all combined into a bowl that is easy to pour from

For caramel heat 1/2 cup granulated sugar until melted and light brown

can use ramekins or glass baking dish coated with oil. pour caramel on bottom

and swirl to spread and let cool 5 min

Set dish or ramekins in pan with hot water and bake 25 to 40 min at 350 until knife comes out clean about 1 inch in from the edge. Do not over cook or custard will separate.

Sheila Biagioni

Taco Pasta Salad : Lauren KUhr

Ingredients:

- 1 lb. medium pasta shells
- 1 (15 oz) can black beans, rinsed & drained
- 2 cups corn, frozen or canned
- 1/2 cup cilantro, finely chopped
- 2 tomatoes, seeded & diced
- 1 1/2 cups salsa
- 1/3 cup olive oil
- 1/4 cup lime juice
- 2 T Old El Paso taco seasoning
- 2 cloves garlic, minced
- Salt & pepper to taste
- 2 cups shredded Mexican blend cheese
- 3 avocados, diced

Preparation:

Step 1: Cook pasta according to package directions. Drain & cool. In a large bowl, add the cooled pasta, black beans, corn, cilantro, tomatoes, & salsa. Toss gently.

Step 2: In a small bowl, whisk together the olive oil, lime juice, taco seasoning, & garlic.

Step 3: Pour sauce over pasta & toss to coat.

Taco Pasta Salad

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Add salt & pepper to taste. Chill until serving.

Step 4: Right before serving, toss in the cheese & avocado.

Fake It, Don't Make It Black Bean Soup (I adapted a no-brainer recipe from Real Simple magazine.) Serves 4. ~~I doubled it for your family, but you may prefer to triple it~~

2 cups chicken stock (I buy organic quart boxes in bulk at Costco) or vegetable stock for a Lent-friendly vegetarian version *I used homemade this time.*
2 cans (15 oz. each) black beans, drained and rinsed (cheap at Aldi) *organic are best,*
1 container (16 oz.) FRESH salsa sold in the refrigerated section at the grocery store, or make your own (I buy it at Aldi for \$1.99). I used medium for yours, but buy mild if the kids prefer less of a kick
1-2 T dry (cooking) sherry, optional-I used it in yours
dried cumin, to taste (my addition)
I also add fresh-squeezed lime juice while it cooks, but you can also just squeeze quartered limes directly into individual servings at the table

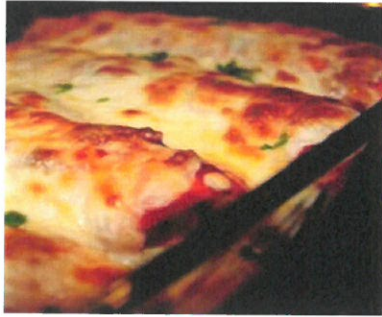
Garnishes-grated cheese, sour cream or plain Greek yogurt (Fage), more salsa, *guacamole*

Put salsa in large pot and reduce liquid over medium-high heat for 5 minutes. Add stock, cumin, and beans. Simmer until warm. Remove 1/3-1/2 of the soup and puree it in a blender. Return it to the pot to thicken the soup. I only blenderize about 1/3 of it because we like the bean and salsa texture. Heat to desired temperature. Add the sherry and lime juice, if desired. I have also added leftover cut up chicken to make this more substantial. Pork might work, too.

Taste to see if salt and/or pepper is necessary (depends on the salsa you start with). Pass the garnishes at the table.

Pretty much a quick, prefab meal, but it doesn't taste like it. No leftovers at my house when I make this. We like to serve it with a Mexican-type cabbage slaw.

Chris Scarlett



Chicken Enchiladas I

Recipe By:Debbie Donham

"This is a quick and easy recipe. Good for quick suppers."

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 onion, chopped
- 1/2 pint sour cream
- 1 cup shredded Cheddar cheese
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt (optional)

- 1 (16 ounce) jar salsa, (omit for more authentic Mexican food)
- 1 tablespoon chili powder
- 1/3 cup chopped green chilies
- 1 clove garlic, minced

- 8 (10 inch) flour tortillas
- 1 (10 ounce) red enchilada sauce
- 3/4 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

1. In a medium, non-stick skillet over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the skillet.
(Or poach chicken in chicken broth and then shred.)
2. Add the onion, sour cream, Cheddar cheese, parsley, oregano, and ground black pepper. Heat until cheese melts. Stir in salt, chili powder, green chilies, and garlic.
3. Roll even amounts of the mixture in the tortillas. Arrange in a 9x13 inch baking dish. Cover with enchilada sauce and 3/4 cup Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

Mexican Yellow Rice

“Arroz Gualdo”

Mexican Cooking At The Academy, California Culinary Academy, pg. 37

Serves: 4 – 6

Submitted by Carl Ruetz

Notes: Washing and rinsing the rice removes starch and prevents sticking. Achiote (annatto seed) can be found at Mexican specialty grocery stores and at Anderson's.

1 ½ tsp	Achiote (annatto seed) – whole seeds
3 Tbls	Oil
1 cup	Long grain rice – washed and rinsed – see notes
¾ cup +/-	Onion, chopped
1 clove	Garlic, minced
2 cups	Chicken stock or water
1 tsp	Salt

Optional:

½ to 1 cup	Frozen peas, thawed
	Sliced/diced/quartered fresh tomatoes for garnish

1. In a medium saucepan over low heat, fry **achiote in oil**. Remove and discard the seeds from the oil when they are dark brown. The oil will be dark orange in color.
2. Increase heat and add the washed, drained **rice** to the oil. Sauté for about 5 minutes. Add the **onion and garlic** and cook until onion is soft.
3. In a separate pan, bring the **stock** to a boil. Add boiling stock to rice along with **salt**. Bring mixture to a boil, lower the heat, cover, and cook until liquid is absorbed (20 to 25 minutes).
4. If using, add **peas**. Let rice rest 5 – 10 minutes and fluff with a fork.

Serve. (Garnish serving dish with sliced/diced/quartered fresh **tomatoes**)

CHICKEN ENCHILADAS

From-- Kathleen Bresnahan-Dewar

Ingredients needed:

Shredded cooked chicken (canned, rotisserie, baked, roasted etc.)

About 1 ½ pounds worth

Shredded cheese (cheddar, Mexican, blend—your choice)

About 3-4 cups worth (or more if you like)

Enchilada sauce (canned or homemade)

About 6-8 cups

Yellow soft corn tortillas (not flour)

1 pack

This is a very easy recipe to make. You make it like lasagna—a layer of yellow corn tortillas, chicken, sauce and cheese. About 4 layers. Use a 9 x 13" bake dish. Assemble all products and cook in oven at about 350 degrees covered (uncover for last 10 minutes to brown cheese top...total cook time about 45 minutes until the top is bubbly. Let sit for 15-20 minutes so cheese firms up and easier to cut.

The yellow corn tortillas and Enchilada sauce (red) are usually found in the Mexican food aisle-not refrigerated. I make homemade sauce (make a roue with flour and oil, add chili powder and then chicken broth until it gets to gravy consistency. 4 tbs flour, 3 tbs chili powder, into a medium sauce pan add vegetable oil to cover bottom and then you add flour, powders, salt, pepper, garlic and onion powder. Constantly stir/whisk so does not burn bottom. Use low to medium heat until bubbles and thickens.

On bottom of bake dish put some sauce, just enough to cover bottom, layer tortillas, then sprinkle chicken on top, then pour little sauce over chicken, cheese on top all and repeat layers 3-4 times. Into oven for about 45 minutes covered with foil. Take foil off last 10 minutes to brown cheese. When done, let sit for 15-20 minutes so cheese firms up and makes cutting easier. Eat with salsa or source cream---ENJOY