



The Baby Boomers Guide

My Favorite Mexican Meal Recipes



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From Tacos, Enchiladas to Burritos and Jalapeno Bean Dip, we've rounded up a collection of my favorite, most aromatic and easy to make Mexican recipes. These recipes came from "Old' Mexico," not from a taco or burger joint. They are made from "real ingredients," not from boxes, cans, or bottles. They are "simple," not "fancy".



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They come from traditions of preparation within the Mexican family, and are at least as old as grandmother -- in this case surely a nineteenth century woman. It is what common Mexican people prepare and partake, what mothers teach their daughters, and what husbands expect from their wives. Traditional Mexican food is the food everyone knows and the food everyone expects to be the norm.

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MEXICAN CHICKEN SOUP



INGREDIENTS

- 1 - 3 lb. frying chicken, skinned, cut into serving pieces
- 2 cups canned tomatoes
- 1 clove garlic, minced
- 1/2 cup chopped onion
- 2/3 cup canned mildly hot California chilies, diced (or 1/3 cup for milder flavored soup)
- 2 cups cooked, drained pinto beans

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MEXICAN CHICKEN SOUP



Place chicken pieces in large saucepan; add enough water to cover. Cook until tender, about 25 minutes.

Remove chicken pieces from broth and put in the tomatoes, garlic and chilies.

Slide chicken meat off the bones and return meat to the broth.

Add beans and simmer about 15 minutes.

Yield: about 2 quarts. Approx. calorie serving: 1 cup equals 190 calories.

Serve with tortilla. 1 tortilla equals 60 calories.

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TACO DIP



INGREDIENTS

1 lb. hamburger
1 dry pkg. taco seasoning
6 oz. green taco sauce
16 oz. can refried beans
16 oz. carton sour cream
1 cup shredded cheddar cheese

Brown hamburger. Add taco seasoning, taco sauce and refried beans. Mix well. Pour into loaf pan; spoon sour cream over and sprinkle with the cheese.

Bake at 350 degrees for 30 minutes. Eat with Nacho chips.

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TACO SEASONING



INGREDIENTS

2 tsp. chili powder
1-1/2 tsp. paprika
1-1/2 tsp. ground cumin
1 tsp. onion powder
3/4 tsp. garlic salt
1/2 tsp. salt
dash cayenne pepper

Combine all above ingredients.

Make 3 tablespoons.

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JALAPENO BEAN DIP

5 small jalapeno peppers
2-1/2 cups chili hot beans, mashed
1 tbsp. oil
1/2 tsp. salt
1/2 tsp. oregano
1/4 tsp. garlic powder

Cut off tops of peppers. Combine whole peppers and remaining ingredients in saucepan.

Simmer 15 minutes, adding water if needed, to keep beans from sticking to bottom of pan. Cool mixture and remove peppers. Serve dip with fresh vegetables.

NOTE: This is a Mexican vegetable dish, but can easily be an appetizer when served with crackers.



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SPANISH RICE

INGREDIENTS

1 cup uncooked rice
1/3 cup chopped onion
1/3 cup chopped green pepper
2 tbsp. cooking oil
2 cups chopped canned tomatoes
1 cup water
1 tsp. salt
1/4 tsp. pepper
1 tsp. Worcestershire sauce
1/2 tsp. prepared mustard
1 beef bouillon cube

Sauté rice, onion and green pepper in oil until vegetables are tender. Add remaining ingredients. Bring to a boil. Reduce heat and simmer 20 minutes or until liquid is absorbed and rice is tender. Serves 6 - 8.



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SOPA SECA (Mexican Rice)



INGREDIENTS

2 tsp. olive oil
1/2 tsp. minced garlic
1/2 cup chopped onion
1 large tomato, chopped
1 cup uncooked, converted rice
1 small green bell pepper, seeded and diced
1 - 13 oz. can chicken broth
dash of red pepper
1/2 tsp. oregano
1/2 tsp. salt

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SOPA SECA (Mexican Rice)



Heat oil in a Dutch oven over moderate heat. Add garlic, onion and tomato.

Cover and cook 3 minutes, or until onion is soft.

Add rice and cook for 2 minutes, stirring, until rice is shiny and hot.

Stir in green pepper, chicken broth, red pepper, oregano and salt.

Bring to a boil. cover and bake for 20 minutes at 400 degrees.

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MEXICAN CORN



INGREDIENTS

1/4 cup butter or margarine

1/4 cup finely chopped onion

1/4 cup chopped green pepper

1 pkg. (10 oz.) frozen corn or 1 can No.2 whole kernel corn

1/4 cup diced pimiento

1/2 tsp. salt

1/4 tsp. pepper,

Add sweet pepper slices, to garnish

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MEXICAN CORN



Heat butter or margarine over low heat.

Add and cook until onion is transparent. Add green pepper.

Add corn. Cook corn covered, over low heat, about 10 minutes, or until tender.

During the last few minutes of cooking, mix in diced pimento. Season to taste with salt and pepper. Mix gently.

Garnish with sweet red pepper slices. Serves 4.

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BURRO-LADAS

(Burritos baked like enchiladas with sauce and cheese)



INGREDIENTS

SAUCE:

- 3 - 8 oz. cans tomato sauce
- 1 10-1/2 oz. can tomato soup
- 1 - 16 oz. can tomatoes, chopped
- 1-1/2 cups water
- 2 - 1 tsp. chili powder, to taste
- 1 tsp. garlic powder
- 1 tsp. ground cumin
- 1 tsp. oregano
- 1 tsp. salt

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BURRO-LADAS

(Burritos baked like enchiladas with sauce and cheese)



INGREDIENTS

FILLING:

2 tbsp. oil

2 lbs. ground round

2 - 4 oz. cans sliced mushrooms, drained

1 cup finely chopped onion

3 cups grated co jack cheese

12 flour tortillas

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BURRO-LADAS

(Burritos baked like enchiladas with sauce and cheese)



For sauce, blend together all ingredients in a 2 quart saucepan over medium heat; stir and bring to a boil. Reduce to simmer, cover and continue 5 to 10 minutes. Remove from heat.

For filling, heat oil in large frying pan; add ground round, onions and mushrooms. Brown together. Add 1-1/2 cups of sauce to meat, stir and simmer 10 minutes. Remove from heat. Grease two 9x13 inch pans.

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BURRO-LADAS **(Burritos baked like enchiladas with sauce and cheese)**



Spread 1/2 cup meat mixture on bottom of each tortilla and sprinkle with about 2 tbsp. grated cheese. Roll up and place seam down in prepared pans. Place 6 in each pan with at least 1/2 inch between each burro-lada.

Divide remainder of sauce and pour each half evenly over each pan; cover and bake in preheated 375 degree oven for 20 minutes.

Remove cover and sprinkle remaining cheese evenly over each pan. Continue to bake uncovered 10 minutes or until bubbly. Let stand at least 5 minutes before serving.

Makes 12 generous servings.

Approximate preparation time: 1-1/2 to 2 hours.

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PUNISHMENT CHILI

INGREDIENTS

1 stalk celery, chopped
1/2 chopped large onion
1 chopped clove garlic onion
1-1/2 lb. venison hamburger
3 pints canned tomatoes
1/2 pkg. chili seasoning (Durkee's)
2 cans hot chili beans
1 tsp. garlic salt
1 tsp. salt
1 tsp. pepper
1 tsp. Italian seasoning
3 tsp. chili powder
10 drops liquid smoke
1 tbsp. Worcestershire sauce
1/4 cup brown sugar

Brown celery, large onion, garlic onion, venison hamburger. Add remaining ingredients. Simmer all day but stir and taste often.



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RIP SNORTIN' CHILI



INGREDIENTS

- 1 can chili beans
- 2 cans Italian flavored whole tomatoes, chopped
- 1 can Nacho Cheese soup
- 1/2 cup Cheez Whiz
- 1 lb. hamburger
- 1 lb. Italian sausage
- 1 medium onion
- 1 can mushrooms
- 1 can tomato sauce

TOPPING:

- Nacho chips
- shredded cheddar cheese

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RIP SNORTIN' CHILI



Brown hamburger, sausage, onion, mushrooms; drain grease off.

Put in Crockpot with rest of the ingredients and slow cook 1-2 hours.

Top with crushed Nacho chips and shredded cheddar cheese.

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MEXICAN HOT DISH



INGREDIENTS

1 lb. pork sausage
1/4 cup chopped onion
1/2 cup chopped green pepper
1 cup uncooked macaroni
2 tbsp. sugar
1 tsp. salt
1 tsp. chili powder
1 - 1 lb. can tomatoes
1/2 cup dairy sour cream
grated cheese

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MEXICAN HOT DISH



Lightly brown the meat. Drain off fat.

Add onions and green pepper. Cook until tender. Stir in next six ingredients.

Cover and simmer 20 minutes.

Check macaroni to make sure it is cooked throughout.

Stir in sour cream - heat throughout.

Add grated cheddar with this hot dish.

Makes 4 - 6 servings.

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MEXICAN MEATBALLS (Albondigas)

INGREDIENTS

1 beaten egg
3/4 cup soft bread crumbs
1/4 cup milk
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp dried oregano
1 lb. ground beef
1/2 lb. ground pork
24 pimento stuffed olives
1 - 16 oz. can tomatoes, cut up
1/2 cup water
1/4 cup chopped onion
2 tsp. instant beef bouillon
1 clove garlic, minced
1/4 tsp. dried oregano, crushed
bottled hot pepper sauce



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MEXICAN MEATBALLS (Albondigas)



In a bowl, combine egg, bread crumbs, milk, salt, pepper and oregano; mix well. Add beef and pork; combine thoroughly. Shape meat mixture into 24 meatballs around the 24 olives. Set aside.

In 10 inch skillet, combine undrained tomatoes, 1/2 cup water, onion, bouillon granules, garlic, 1/4 tsp. oregano, and bottled hot pepper sauce. Bring to boil; simmer uncovered for 15 minutes.

Drop meatballs into sauce, cover and simmer about 30 minutes or until meatballs are done. Remove meatballs from sauce, cover and keep warm.

Skim excess fat from sauce. Boil sauce about 10 minutes to reduce mixture to 1-1/2 cups. Serve over meatballs. Makes 6 servings.

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TORTILLA CHIP CASSEROLE



INGREDIENTS

3/4 cup chopped onion
2 tbsp. butter
1 can (15 oz.) tomato sauce
1 can (4 oz.) diced green chilies
2 tsp. cumin
1 tsp. salt
1/4 tsp. red pepper
1 pkg. (7-1/4 oz.) tortilla chips, crushed
2 cups Monterey Jack cheese, shredded
1 cup dairy sour cream
1 lb. ground beef
1 cup cheddar cheese

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TORTILLA CHIP CASSEROLE



Sauté onion in butter. Add sauce, chilies, cumin, salt, red pepper. Simmer 10 minutes.

Layer in buttered 9 inch square pan, half of each of the following: Tortilla chips, Monterey Jack cheese, beef and sauce. Repeat once.

Bake in preheated 350 degree oven, about 25 minutes.

Spread sour cream on top and cheddar cheese. Return to oven 10 minutes.

Makes 6 - 8 servings.

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BIG BATCH OF CHILI

INGREDIENTS

1 qt. tomatoes or 29 oz. can
3 cans 16 oz. chili beans
3 cans 16 oz. kidney beans
1 large green pepper
1 large onion
12 oz. bottle taco sauce
salt and pepper to taste
12 oz. jar chili sauce
5 lbs. hamburger (can be part ground pork)
1/2 qt. Mogen David red wine

Brown the meat. Add remaining ingredients and simmer. Cook at least 30 minutes.

Serves 12 - 16. Leftovers freeze well.

Good to serve with cornmeal muffins and bowl of grated cheddar.



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WET BURRITOS

INGREDIENTS

1 lb. ground beef
1/4 cup chopped onion
salt and pepper, to taste
1 pkg. dry taco seasoning mix
1 cup water
1 can refried beans
2 tbsp. margarine
2 tbsp. flour
1 cup milk
1 can enchilada sauce
1 large can tomato sauce
lettuce
2 medium tomatoes
sour cream
tortillas
grated cheddar cheese.



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WET BURRITOS

Brown and drain ground beef with chopped onion and salt and pepper. Add taco seasoning mix, water and refried beans.

In saucepan combine margarine, flour, salt and pepper to taste. Make a paste and add milk all at once. Bring to a boil until thick, stirring frequently. Add enchilada sauce and tomato sauce. Bring to a boil and turn off.

Chop up lettuce into fine strips; chop up tomatoes into pieces. Fill flour tortillas with about 1/4 cup hamburger mix, chopped lettuce, tomatoes and 1 tbsp. sour cream.

Roll up tortillas and place in a lightly greased 9x13 pan. Fill all tortillas to make single layer in pan. Pour tomato mixture over tortillas. Top with thick layer of grated cheddar cheese.

Bake at 325 degrees for 30 minutes or until heated thoroughly.



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CREPES ENSENADA



INGREDIENTS

- 4 chicken breasts, cooked and shredded
- 1 large can diced green chilies (Ortega - drained)
- 1 lb. Jack cheese, grated
- 2 small cans chopped black olives
- 1 bunch green onions, chopped
- 1 dozen flour tortillas
- 2 jars salsa
- 1-1/2 cans cheddar cheese soup
- 1 lb. cheddar cheese grated

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CREPES ENSENADA



Mix first five ingredients and divide evenly on flour tortillas.
Roll up and place in a 9x13 inch pan.

Mix the sour cream and cheese soup and pour over rolled
tortillas.

Pour salsa over the sour cream and soup. Top with cheddar
cheese grated.

Bake uncovered 350 degrees for 15 minutes or until bubbly.

Serves 8 - 12 and may be prepared in advance.

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MEXICAN MEAL



INGREDIENTS

- 1 medium bag taco chips, crushed
- 1 lb. hamburger
- 1 medium onion, chopped
- 1 can cheddar cheese soup
- 1/2 can milk
- 1 pkg. taco seasoning
- 1/2 head lettuce, chopped
- 2 tomatoes, chopped
- 1 - 8 oz. pkg. each of shredded mozzarella and cheddar cheese.

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MEXICAN MEAL



Crush taco chips in a greased 9x13 pan.

Brown hamburger and onion, draining if necessary.

Mix soup, milk and seasonings and heat. Mix with meat and onion mixture. Spoon over crushed taco chips.

Sprinkle lettuce and tomatoes on top of mixture.

Top with cheeses and bake at 350 degrees for 1/2 hour, or until completely warm.

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COOL RANCH DORITOS HOT DISH



INGREDIENTS

- 3 cups broken "Cool Ranch" Doritos chips
- 1 lb. ground beef
- 1 small onion, chopped
- 1/4 cup green pepper, chopped
- 1 - 1-1/4 oz. package taco seasoning mix
- 3/4 cup water
- 1/2 cup chunky taco sauce, or salsa
- 2/3 of a 15 ounce can whole kernel corn, drained
- 8 oz. (2 cups) shredded mozzarella cheese

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COOL RANCH DORITOS HOT DISH



Preheat oven to 350 degrees. Cover the bottom of a greased 8x8 pan with half of the broken chips.

Brown the ground beef with the onion and green pepper; drain grease. Stir in taco seasoning and water; cook according to taco seasoning package directions.

Stir in the corn and taco sauce or salsa. Spread meat mixture evenly over chips. Sprinkle cheese evenly over the meat mixture, and top with remaining chips.

Bake for 30 - 35 minutes or until bubbly. Great with a dinner salad on the side.

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MEXICAN CHICKEN



INGREDIENTS

- 3 cups cooked chicken, diced
- 2 cans (10-3/4 oz.) cream of mushroom soup
- 16 oz. can tomatoes and green chili sauce
- 4 oz. can diced green chilies (optional)
- 1 6-7 oz. pkg. plain Doritos
- 10 oz. sharp Cheddar cheese, grated

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MEXICAN CHICKEN



Mix chicken, soup, chili sauce and diced chilies.

In large greased casserole dish, make layer of Doritos, add layer of chicken mix, sprinkle with half of cheese. Repeat layers with Doritos on top.

Bake in 350 degrees for 30 minutes until bubbly.

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TACO PIZZA

INGREDIENTS

- 1 lb. hamburger, browned and drained
- 1 - 1-1/4 oz. pkg. of Ortega Taco Seasoning Mix
- 1 - 16 oz. can of Old El Paso Refried Beans
- 2 medium onions, diced
- 1 lb. grated sharp cheddar cheese
- 3 medium tomatoes, cubed
- 1/4 head lettuce, chopped
- 1 - 16 oz. sour cream
- 1 pkg. Azteca Flour Tortillas, super or medium size.

Preheat oven to 350 degrees. To browned, drained hamburger, add taco mix and 3/4 cup water.

Simmer on low for 10 minutes. Heat refried beans as per instructions on can.



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TACO PIZZA

On a cookie sheet, spread flour tortillas to cover pan. Spread refried beans evenly over shells. Add taco seasoned hamburger.

Sprinkle diced onions over entire layer of hamburger. Next, add grated cheese, again, over the entire pizza. Put in oven and bake until cheese is melted, approximately 10 minutes.

Remove from oven and add cubed tomatoes, then chopped lettuce. Return to oven for 2 - 3 minutes. Remove from oven and cut into squares.

Serve with sour cream. With each bite, a dollop of sour cream enhances the Mexican flavor.

This is a great meal for unexpected company. Easy to make, and filling for everyone.



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TUNA TAMALE PIE



INGREDIENTS

3/4 cup yellow cornmeal
3 cups boiling water
1 tsp. salt
1/4 cup chopped green pepper
1/4 cup chopped onion
2-1/2 cups cooked kidney beans, drained
2 cups stewed tomatoes
1 cup finely shredded cheese
2 - 6-1/2 oz. cans chunk style tuna
1 or 2 tsp. chili powder
1/4 cup pepper

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TUNA TAMALE PIE



Slowly stir cornmeal into boiling, salted water, while stirring constantly. Cook until thick.

Mix the rest of the ingredients in a bowl.

Pour half of the cornmeal mush into a greased 2 qt. baking dish.

Top with the tuna mixture. Cover with the rest of the mush.

Bake at 350 degrees for 35 minutes.

Serves 4 to 6.

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TACO PIE



INGREDIENTS

- 1 - 8 oz. sour cream
- 6 slices American cheese
- 2 cups taco chips
- shredded lettuce
- 1 lb. ground beef
- 1 pkg. taco seasoning mix
- 1/2 cup water
- 1 - 8 oz. pkg. crescent rolls

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TACO PIE



Brown the ground beef. Drain off any grease.

Add taco mix and water. Simmer 5 minutes.

Place your crescent rolls in the bottom of an ungreased 10 inch pie tin. Sprinkle 1 cup taco chips on the crust.

Add the ground beef mixture, sour cream and American cheese. Sprinkle remaining chips.

Bake at 375 degrees for 25 minutes.

Serve with shredded lettuce.

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TOMATO-BEEF STEW WITH BISCUITS

INGREDIENTS

- 1 to 2 lbs. beef stew meat cut into 1 inch pieces
- 1 cup chopped onion
- 2 tbsp. vegetable oil
- 1 can 4 oz. mushroom stems and pieces
- 1 can 16 oz. whole tomatoes
- 1 can 6 oz. tomato paste
- 2-1/2 cups hot water
- 1 tbsp. sugar, 1-1/2 tsp. salt and 1/4 tsp. pepper
- 1 bay leaf
- 1/2 tsp. dried thyme leaves and 1/4 tsp. dried marjoram leaves
- 1 cup thinly sliced carrots
- 1 cup sliced celery
- 1/4 cup cold water
- 2 tbsp. flour
- 2 cups Bisquick baking mix
- 1/3 cup margarine, melted
- 1 cup sour cream



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TOMATO-BEEF STEW WITH BISCUITS

Cook and stir beef and onion in oil in Dutch oven until beef is brown. Stir in mushrooms (with liquid), tomatoes (with liquid), tomato paste, hot water, salt, sugar and pepper. Heat to boiling, stirring occasionally, until beef is almost tender, about 1-1/2 hours.

Add bay leaf, thyme, marjoram, carrots and celery. Cover and simmer 30 minutes. Mix cold water and flour until smooth; gradually stir into beef mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute; reduce heat.

Heat oven to 400 degrees. Mix remaining ingredients until soft dough forms; beat vigorously 20 strokes. Drop by spoonfuls onto hot beef mixture.

Bake until biscuits are brown, about 15 minutes.

Makes 5 - 6 servings.



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CALIFORNIA FAJITAS

INGREDIENTS

6 super-size flour tortillas
3 chicken breasts, skinned, boned, cut in 3x1/2 inch pieces
1/2 red onion, coarsely chopped
1/2 large green pepper, coarsely chopped
1/4 lb. cheddar cheese, shredded
1 can refried beans
1 large tomato, cut in medium chunks
Optional: sour cream, ripe olives or salsa with fresh tomato
Fajita seasoning, if available, or substitute taco seasoning.

Sauté chicken breasts in a large pan (single layer) sprayed with Pam. When cooked through, but still moist, sprinkle with Fajita or taco seasoning (about 1/3 pkg.), stir.

Add onion and green pepper. Cook and stir briefly until hot. Veggies will be crisp tender.

Make each Fajita individually.



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CALIFORNIA FAJITAS



Spread tortilla with about 2 tbsp. refried beans down the center. Add cheese and microwave on high until cheese is soft and melted around the edges (about 15 seconds).

Scoop a generous portion of chicken mixture on top of beans and cheese. Add chopped tomatoes.

Fold bottom of tortilla up and fold or roll tightly enough to eat out of hand. Makes six fajitas. Optional: Add sour cream, ripe olives or salsa with the fresh tomato.

If the meal is begun with taco chips and salsa, the fajitas may be served as individually ordered (for instance "hold the refried beans".)

The guests waiting for their fajita to be served are busy with the chips.

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MEXICAN PINTO BEANS



INGREDIENTS

- 1 lb. dry pinto beans
- 6 cloves of garlic
- 1 lb. bacon
- 2 lbs. Co-Jack cheese
- 2-1/2 lbs. port steak
- 1 bottle 7 oz. La Victoria green taco sauce
- 1/2 lb. sour cream
- 3 oz. jalapeno peppers
- 4 tsp. salt
- 4 tsp. pepper
- one-sixteenth oz. tortilla chips
- 1 pkg. flour tortilla

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MEXICAN PINTO BEANS



Soak pinto beans in water overnight. Drain water and refill with water. Simmer about 3-1/2 to 4 hours until beans are soft.

Fry bacon up, then crumble and put into the bacon grease, and also add cut-up garlic cloves; then add beans WITHOUT any bean juice and fry 10 minutes and keep stirring. Also add 2 tsp. salt and pepper.

Then take a potato masher and smash beans up and add 1/4 cup of bean juice; cover and simmer on low for 20 minutes.

Put 1/3 of fried beans aside and the rest in a dish and top with 1/2 lb. cheese.

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MEXICAN PINTO BEANS



MEAT:

Cut port steak meat into small pieces and put into fry pan with 2 cloves garlic and 1-1/2 cups water, also 2 tsp. salt and pepper and simmer for 40 minutes or until all water is gone.

Then add the green taco sauce and simmer 10 more minutes.

Warm tortillas up and add meat, beans, cheese and sour cream; then rollup into a burrito, serve with chips with jalapeno and cheese and also a side of beans with cheese.

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CHICKEN ENCHILADAS



INGREDIENTS

- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 1-1/2 cups Italian tomatoes, drained, chopped, reserve liquid
- 1/2 cup sliced mushrooms
- 1 tsp. jalapeno pepper, chopped
- 1/8 tsp. pepper
- 8 oz. chicken (2 chicken breasts skinned, boned, cooked, chopped)
- 4 corn tortillas, 10 inch size
- 4 oz. cheddar cheese, shredded black olives, chopped for garnish
- sour cream or plain yogurt

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CHICKEN ENCHILADAS



Preheat oven to 375 degrees. Sauté onions and garlic. Add tomatoes, liquid mushrooms and seasonings. Stir occasionally until sauce is thickened (5 to 8 minutes).

Take half of sauce and mix with chicken in bowl, set aside.

Using a frying pan, heat each tortilla one minute. Lay tortilla flat, spread with cheese and chicken mixture and roll to close. Place seam side down in pan. Repeat three times.

Pour remaining sauce over top, sprinkle some cheese and bake until cheese is brown.

Top with black olives and sour cream or yogurt.

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ENCHILADA PIE



INGREDIENTS

6 corn tortillas
oil for softening tortillas
2 bunches green onions, sliced
12 oz. salsa or taco sauce
1 (8 oz.) can pitted black olives, sliced
2 cups shredded cheddar cheese
2 cups shredded Monterey Jack cheese

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ENCHILADA PIE



Preheat oven to 400 degrees.

In a skillet, heat 1/4 inch oil over medium heat. Dip each tortilla into oil and fry a few seconds until it blisters and becomes limp.

Remove with tongs and drain briefly. In a 2 quart casserole dish, alternate layers of tortillas, onions, salsa, olives and cheese.

Cover and bake for 20 - 25 minutes. Makes 6 servings.

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ENCHILADAS



INGREDIENTS

- 1-1/2 lbs. ground beef
- 1 pkg. tortillas
- 2 cans enchilada sauce
- 1/4 cup onion
- 1/4 cup green pepper
- 1/2 lb. cheddar cheese, grated
- 1 cup sour cream
- 1 cup black olives

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ENCHILADAS



Preheat oven to 350 degrees.

Fry tortillas in oil until air pockets form (10 seconds, heat oil to almost smoking).

Brown meat with half of the onion. Add 1/2 cup sauce to mixture. Coat tortillas with sauce.

Place mixture in center of tortilla, add some cheese and some of the green pepper and roll.

Place in a baking dish and bake for 20 minutes. Garnish with sour cream, black olives and remaining cheese.

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DEEP FRIED ENCHILADAS



INGREDIENTS

1 pkg. cheddar cheese, grated
1-1/2 to 2 lb. hamburger
1 pkg. enchilada sauce mix, dry
2 pkgs. soft-shell tortillas

Brown the hamburger. Add a dash of salt, pepper and chili powder.

Prepare the package of enchilada sauce mix on the stove according to the directions on the package.

Drain the hamburger. Set aside.

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DEEP FRIED ENCHILADAS

Deep fry the tortillas in HOT oil, dipping one at a time for only a couple seconds each.

Pile the deep-fried tortillas onto paper towels to remove excess oil.

Add small amount of enchilada sauce to hamburger, and small amount of sauce in bottom of a 9x11 glass cake pan. Set sauce aside.

Spoon 1 heaping tbsp. of hamburger mix onto flat, hot tortilla; add grated cheese. Roll tortilla with hamburger and cheese inside and put rolled tortilla into cake pan. Line rolled tortillas close together to fill the cake pan.

Pour remaining sauce over top of rolled enchiladas, submerging them. Sprinkle remaining grated cheese on top. Bake, covered, at 300 degrees for 10 minutes. Serve immediately.



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CREAM CHEESE AND MUSHROOM ENCHILADAS

INGREDIENTS

1/2 cup chopped onion
1 clove garlic, minced
1 tbsp. cooking oil
28 oz. can tomatoes
1 tbsp. honey
1 tbsp. chili powder
1/2 tsp. ground cumin
1/2 tsp. ground coriander
16 oz. fresh mushrooms, sliced
2 tbsp. margarine
8 oz. pkg. cream cheese, cut up
1 cup sour cream
3/4 cup sliced green onions
8 - 7 inch flour tortillas
2 cups shredded pepper cheese
dash ground red pepper



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CREAM CHEESE AND MUSHROOM ENCHILADAS



Cook onion and garlic in oil until tender. Stir in tomatoes (cut up), honey, 1 tsp. chili powder, cumin, coriander, and red pepper.

Bring to a boil, reduce heat, and simmer uncovered about 30 minutes or until thick, stirring occasionally.

In a saucepan cook mushrooms and remaining chili powder (2 tsp.) in margarine on medium high 4 to 5 minutes until mushrooms are tender and liquid evaporates.

Reduce heat. Stir in cream cheese until melted.

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CREAM CHEESE AND MUSHROOM ENCHILADAS

Add 1/4 cup sour cream and the chopped green onion. Spoon 1/3 cup mushroom mixture in center of each tortilla.

Sprinkle with pepper cheese and rollup. Place seam side down in a greased 12x7x2 inch baking dish.

Spoon tomato mixture over tortillas.

Cover and bake in a 350 degree oven for 30 minutes or until heated through.

Top with shredded pepper cheese and return to oven until cheese melts.

Serve on a bed of lettuce and tomatoes, with sour cream, if desired. Serves 4 - 5 .



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GREEN ENCHILADA SUPREME CASSEROLE



INGREDIENTS

1-1/2 lbs. hamburger
1/2 cup chopped onion
1 can cream of mushroom soup
1 can cream of chicken soup
3/4 to 1 cup sliced black olives
1 soup can of milk
1 - 4 oz. can green chilies
8 oz. cheddar cheese, shredded
1 - 16 oz. bag of Tostados

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GREEN ENCHILADA SUPREME CASSEROLE



Brown hamburger with chopped onion. Mix soups, milk and green chilies.

Add to hamburger and let simmer for 20 minutes. In a 9x13 pan, spread a thin layer of hamburger sauce, then a layer of Tostado chips, and then a layer of shredded cheese. Repeat layers.

On top of last layer of hamburger sauce, spread black olives and then top with cheese.

Bake in a 350 degree oven for 30 minutes. If preferred, garnish with sour cream.

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SOPAIPILLAS MEXICAN FRIED COOKIE

INGREDIENTS

4 cups flour
2 tsp. baking powder
2 tsp. salt
2 tsp. shortening
1-1/4 cups water

Sift together dry ingredients. Add shortening and water and knead until smooth. Put into plastic bag and let stand for 2 hours. Roll very thin and cut into small triangles.

Fry in deep fat heated to 375 degrees until golden brown. Turn once.

Drain on paper towels and serve with honey or sprinkle with cinnamon sugar.

Makes 12 servings.



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APPLE FIZZ



INGREDIENTS

Beverages that go well with Mexican food are: Beer (Mexican or otherwise), margaritas, hot chocolate, or apple fizz. If you choose hot chocolate, stir with a cinnamon stick.

To make Apple Fizz: mix equal portions of cold apple juice and ginger ale in a pitcher, or pour half apple juice and half ginger ale over ice cubes in each glass.

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