

IV. RECIPES

1. Mexico

Tostados (Open-Faced Beef Tacos)

Ingredients:

- 1 lb ground beef
- 1 can refried beans (optional)
- 1 tomato, diced
- ½ head lettuce, chopped
- ½ c sour cream
- 1 c shredded sharp cheddar or Monterey Jack
- Salt & pepper to taste
- 1 package Tostados
- Hot sauce, optional

Directions:

1. Brown beef in a frying pan. Salt & pepper to taste.
2. Open can of refried beans and spread about 1 Tbsp on the tostados
3. Add browned beef, tomato, lettuce, cheese and sour cream
4. Set hot sauce to the side for a bit of a bite and serve

Alterative: This is also tasty with shredded chicken

Yield: about 8 servings

Mexican Rice

Ingredients:

- ½ c oil (this will differ depending on the size pan used)
- 2 cups rice
- 1 onion
- 1 tomato
- 5-6 cups water or chicken broth
- 1 8oz can of tomato paste
- 2 cubes Knorr chicken bullion

Directions:

5. Cover bottom of a frying pan with oil and heat
6. Add rice (approx. 2 cups) and slightly brown the rice
7. Add 1 sliced onion and 1 sliced tomato
8. Fill pan with water (water can be substituted with chicken broth for extra flavor)
9. Add 1 can of tomato paste and 2 cubes of Knorr chicken bullion
10. Bring to a boil, stirring occasionally
11. Cook until rice is tender and water is evaporated
12. Remove from heat and serve

Yield: 8 servings

Frijoles a la Charra

Ingredients:

- 1 lb Pinto Beans
- Water to cover X 2
- 1 Onion
- 1 tomato
- 2 cubes Knorr chicken bullion
- ¼ tsp cilantro
- 1 tsp black pepper
- 1 lb bacon

Directions:

1. Boil pot of water
2. Add beans, 1 sliced onion, 1 sliced tomato, 2 cubes of Knorr chicken bullion
3. Cilantro can be added if desired
4. Boil for 1 hour
5. Add 1 package of bacon cut in small pieces
6. Boil for 2 to 3 hours
7. Add 1 package of link sausage cut into small squares
8. Boil until beans are tender

9. Add 1 teaspoon of pepper
10. Taste to see if salt is needed, add salt if necessary

Yield: 8 servings

2. China

Stir Fried Rice with Chicken & Vegetables

Ingredients:

- 2 cups rice
- 4 c water
- ½ to 1 c oil
- ¼ to ½ c soy sauce
- 1-2 lbs chicken
- Favorite Frozen vegetable mix (1 package)

Directions:

1. Following the recipe on the package: Put water in a pot or pan, add rice, and bring to a boil and reduce heat to medium. Let cook for about 15-20 minutes. Set this aside and let cool. I recommend making this the night before and cooling in the refrigerator over night.
2. Add enough oil to a frying pan to cover the bottom. Heat. Add rice a bit at a time. The oil will separate the rice. Add soy sauce.
3. In another pan, add enough oil to cover the bottom of the pan. Add diced chicken and cook until white.
4. Add vegetables and 1/4c. soy sauce. Cook quickly until mixture is heated.
5. Mix rice and chicken & vegetable together & serve.

HINT: to expand this recipe cook more rice and add additional soy sauce, until the rice is a light brown.

Yield: about 6-8 servings

Almond Cookies

Ingredients:

- 1 cup all-purpose flour
- 1 cup ground almonds
- 1/4 teaspoon baking powder
- dash salt
- 1/2 cup butter, softened
- 3/4 cup granulated sugar
- 1 large egg white
- 1/2 teaspoon almond extract
- 48 whole blanched almonds

Directions:

1. Stir together flour, ground almonds, baking powder, and salt; set aside.
2. In a mixing bowl cream butter and sugar at medium speed of electric hand held mixer. Beat in egg white and almond extract.
3. Stir flour and ground almond mixture into the creamed mixture.
4. Cover with plastic wrap; chill for about 2 hours.
5. Shape dough into small balls, about 3/4-inch. Place balls 2 inches apart; flatten slightly with the bottom of a glass. Press an almond into the center of each cookie. Bake at 350° for about 12 minutes or until set but not browned.

Yield: about 4 dozen cookies