



# Everyday Mexican Food



## Chile Colorado (Red Chile Sauce)

### **Ingredients**

15 chili pods  
3 whole garlic cloves  
1 tbs powder or cubed broth either vegan or chicken base for taste  
1/4 onion whole  
2 cups of water

### **Directions**

1. Wash and remove stems and seeds out of dry peppers.
2. Boil medium click for 15 minutes until peppers have been rehydrated.
3. Blend until desired texture.
4. Add additional ingredients and water as needed.
5. This can be used for many meals and it can be easily frozen for future use.

## Salsa Galore! Easy Homemade Salsa

### **Ingredients**

4-6 tomatoes cut in 2-4 pieces each  
1/4 of small onion  
1-6 jalapeños  
2 serranos or bell peppers  
2 whole garlic  
A handful of cilantro  
Adobo to taste

### **Directions**

1. Add to 9 inch skillet:
  - tomatoes
  - peppers
  - onion
2. Bring to medium click, then turn to low for 10 minutes.
3. Blend the cooked veggies with the garlic, cilantro and adobo to desire texture.

## Spanish Rice

### **Ingredients**

1 cup of rice  
1 8 oz of tomato sauce  
1 chicken or vegan cubed  
2 cups of water  
Cilantro  
Onion

### **Directions**

1. Sauté the rice until golden brown.
2. Add tomato sauce and onion, and cubed seasoning.
3. Bring to medium click ... then low for 18 minutes.  
\*brown rice 50 minutes

## Green Tomatillo Salsa

### **Ingredients**

10-12 tomatillos cut in 2-4 pieces  
1/4 of small onion  
1-6 jalapeños  
2 serranos or bell peppers  
2 whole garlic  
A handful of cilantro  
Adobo to taste

### **Directions**

1. Add to 9 inch skillet, clean tomatillos, peppers and onion.
2. Bring to medium click, then to low for 10 minutes.
3. Blend the cooked veggies with the garlic, cilantro and adobo to desire texture.

## Arroz Con Leche (Rice Pudding)

### **Ingredients**

- 1 cups of Jasmin or Basmati Rice
- 2 cups of water
- 1 cinnamon stick
- 2 cups of vegan milk of choice

### **Directions**

1. 1/4 to 1/2 cup of sugar or Agave for sweetener.
2. Cook rice for 18 minutes after the click.
3. Add milk, and sugar, serve hot or cold!
4. Add pecans or raisins, if desired.

## Gluten-Free Tortillas

### **Ingredients**

- 2 Sweet Potatoes
- 2 cups or Cassava flour or Sorghum flour or blended oats
- 2 tbsp adobo
- 1 teaspoon of baking soda
- Optional chia seeds, flax seed, hemp heart and nutritional yeast

### **Directions**

1. Mix well.
2. Make into smaller portion.
3. Form tortillas and cook on favorite Saladmaster piece

## Charro Beans

### **Ingredients**

- 2lbs dry pinto beans
- 1 white onion (Cone #2))
- 1 jalapeño (Cone #1)
- 1 bundle chopped cilantro
- 1 tablespoon cumin
- Salt for taste

### **Directions**

1. Bring beans to a hard boil, season with salt and cumin.
2. Cover and turn off heat.
3. Let them soak for an hour or more.
4. Add more water, add other ingredients.
5. Stir, cover, reduce to medium low.
6. Cook for about 1-1/2 hours.

## Tinga Tacos

### **Ingredients**

- 1 can jack fruit
- 1 soyrizo
- 1/2 onion
- Adobo to taste

### **Directions**

1. Caramelize onion.
2. Add jackfruit.
3. Brown for a few minutes.
4. Add soyrizo, stirring occasionally.
5. Cover to get the click...then low 10 minutes.

## Healthy Tamales

### **Ingredients**

- 2 cups of Maseca or Sorghum Flour
- 1/8 cabbage
- 2 carrots
- 1 zucchini
- 6 radishes
- 1 squash
- 2 tbsp salt
- 1 tbsp baking powder
- 1 cube (not chicken)
- Dry corn husk

### **Directions**

1. Hand mix ingredients for about 4 minutes until no longer sticky.
2. Soak corn husk in hot water for 10 minutes.
3. For stuffing: use Tofu, green chili, mushrooms or meat.
4. Make the tamales.
5. Cook in 3 qt roaster with inset basket.
6. Medium click....low for 30 minutes.

## Soyrizo Mashed Beans

### **Ingredients**

- 3 cups of beans smashed
- 1 soyrizo

### **Directions**

1. Mash the beans and add soyrizo.
2. Bring to a click then turn to low, and let it thicken (15-20 minutes or longer if desired).
3. Ideal to accompany any meal and also bean burritos and tostadas.
4. Add cheese, if desired.

## **Taco Casserole**

### **Ingredients**

- 1lb. Ground Beef
- 2 c. Refried Beans
- 1 Jar Salsa
- 1 8oz. Cheddar Cheese
- 1 head of Romaine Lettuce
- 1 Medium Tomato
- 1 Bag Blue Corn Tortilla Chips

### **Directions**

1. Cook Ground Beef in 3qt Culinary Basket over water.
2. In a bowl mix beans, meat & salsa.
3. Place in EOC, add 4oz of cheese and cover.
4. Turn EOC to 300°.
5. When valve clicks, reduce to 190° for about 10 minutes.
6. Serve with lettuce, tomatoes, cheese and garnish with chips.

### **Vegan Option:**

- Use 4 cans of beans
- No meat
- No Cheese

## **Steve's Pinto Beans**

### **Ingredients**

- 4c Dry Pinto Beans
- Water (enough to over beans – approx. 8 cups)
- 1 Bunch Cilantro
- 2 Large Onions
- 2 Tomatoes, diced

### **Directions**

1. In 7qt Roaster, add dry beans & water.
2. Pre-soak: Bring to a boil.
3. Turn off burner and let soak for 1 ½ hours.
4. Add Cilantro, tomatoes & onion, bring to boil.
5. Once at a boil, turn to medium low with moderate clicking.
6. Add water to pan as necessary.
7. Salt to taste then serve.

## **Enchilada Bake**

### **Ingredients**

- 4 cans Enchilada Sauce
- 1 pkg. 20-24 Corn Tortillas
- 1 Large Onion
- 2 lbs. Boneless Chicken Thighs
- 1 block Longhorn Cheese
- 1 can Black or Pinto Beans

### **Directions**

1. Chop onion on Cone #2.
2. Cook Chicken in 3qt. Culinary Basket over water.
3. In a large bowl, mix the Enchilada Sauce, Chicken, Onions & Beans.
4. Layer in pan a small amount of the mixture to cover the bottom of the pan.
5. Place a layer of corn tortillas.
6. Repeat with the mixture and tortillas until all ingredients are gone.
7. Shred Cheese (Cone #1 or Cone #2) on top of the Enchilada Bake and cover.
8. Bake Enchiladas at 300° until vapo-valve clicks.
9. Then turn to 200°.
10. Simmer for 20-30 minutes.
11. Serve anytime thereafter.

## **Mexican Chocolate Cake**

### **Ingredients**

- 1 Chocolate Box Cake
- 2 Medium Radishes
- 2 Bars (Nestle Abu elita – Hot Chocolate Tablets)
- 3 Eggs
- Cooking Spray

### **Directions**

1. Preheat EOC to 300° for 10 minutes.
2. In bowl, mix cake mix, 1 bar chocolate cut on Cone #1, 3 eggs and 2 medium radishes cut on Cone #1...mix well.
3. In preheated EOC, spray with cooking spray, add mixture and cook for 30 minutes.
4. Cool and add Reddi Wip topping. Garnish with chocolate cut on Cone #1.