

Mexi-Food Cooking Class

Matt's Easy Enchiladas

Corn tortillas (10)

Turkey Chili (2 cans)

-Cheddar cheese (1 small block, shredded on cone 2)

-cumin

-chili powder

1. Layer ingredients in 9" or 11" skillet (depending on quantity).
2. Medium-click-low and enjoy!

Hilary's Veggie Enchiladas

14 corn tortillas

-butternut squash (1 package frozen or cut fresh on cone 3)

-brussels sprouts: cone 3

-beans (black, pinto or both 1 ½ cups)

- Sauce:

1 28 ounce can whole peeled tomatoes

1/2 cup water

3 tablespoons chili powder

1/2 onion, chopped

3 cloves garlic

1 jalapeno, ribs and seeds removed

½ teaspoon salt (more to taste)

Blend all ingredients together to make sauce

1. Layer in EOC. Medium-click-low (350, click, 190) and cook for 25 minutes.

Mexican Quinoa

1 cup Quinoa

1 cup Salsa

1 cup Corn

1 cup water

1 ½ cup black beans

1 ½ cup fire roasted diced tomatoes

Garlic, minced on cone 1

-1 tsp chili powder, cumin and adobo to taste

1. Place all ingredients in 11" skillet or mini-braiser on medium heat. Once it clicks, reduce heat to low and cook for 20 minutes.

Calabacitas

½ onion cut on cone 2

1 squash / zucchini cut on cone 3

fresh diced tomatoes or canned tomatoes

garlic on cone 1

mushrooms cut on cone 3

1. Place all ingredients into 3 quart and turn to medium heat. Once vapo-valve clicks, reduce heat to low and until desired texture (10-15 minutes). Great with corn and served in a tortilla or over rice!

Carne Guisada

-1 cup scallions, chopped

-3 cloves garlic, minced cone 1

-2 small tomatoes, diced

-2 tbsp cilantro, minced

-1.5 lb beef stew meat, small chunks

-1/3 cup light beer

-1/3 cup water

-1/2 tsp cumin

-1/4 tsp adobo, or salt

-1/2 tsp achiote, or sazón

-1 bay leaf

-salt to taste

-10 oz baby red potatoes, halved

1. Saute' garlic, scallions, tomatoes, cilantro on medium-low heat, covered. Then add beef, beer, water, cumin, adobo, sazón, and bay leaf. Cook on medium heat until vapo valve clicks. Reduce heat to low, add potatoes and cook for 35-40 minutes or until meat is tender.

Creamy Avocado Kale Salad

1 Bunch Kale, chopped

¼ red cabbage, cut on cone 3

2 Carrots, cut on cone 2

2 Beets, cut on cone 2

2 Tbs. Hemp Seeds

Dressing:

1-2 Avocados, mashed

¼ cup Apple Cider Vinegar

2 Tbs Lemon Juice

1 tbs garlic

1 tbs honey, agave or maple syrup

1. Add salad ingredients to a large bowl. In a separate bowl, mix dressing. Coat salad ingredients until fully coated.
2. Allow to marinate in fridge for a few minutes. Add hemp seeds just prior to serving.