

**Recipe Name:** Chili Con Carne

**Region:** Southwest

**Ingredients:**

2 Tbsp. olive oil  
1 large onions, chopped  
2 cloves of garlic, chopped  
1 lb. ground beef  
1 (28 oz.) can crushed tomatoes  
salt, to taste  
2 Tbsp. chili powder  
2 bay leaves  
2 Tbsp. ground cumin  
1 tsp. crushed red pepper flakes  
½ tsp. ground black pepper  
2-3 cups beef broth, depending on desired thickness  
1 (15-ounce) can kidney beans, drained

**Procedure:**

1. Heat olive oil in Dutch oven. Add onion and cook over moderate heat for 3-4 minutes, or until softened. Add garlic and cook for 1 minute.
2. Add beef and cook over moderately high heat until meat is thoroughly browned.
3. Drain the fat from the beef. Add all remaining ingredients except beans. Stir every few minutes, bring to boil, and lower heat.
4. Simmer about 20 minutes. Add beans. Simmer another 10 minutes.
5. Serve hot with cheese or sour cream if desired.

***Present to teacher for grading.***

# Recipe: Huevos Rancheros

# Region: Southwest

Total Time: 35 min    Prep: 10 min

Cook: 25 min

Yield: 4 servings

## Ingredients

3/4 c. whole peeled tomatoes, undrained  
2 T. fresh cilantro leaves, plus more for garnish  
2 T. diced yellow onion  
1 large clove garlic, peeled and smashed  
1/4 jalapeno pepper (seeded if desired)  
1/4 t. kosher salt  
2 t. vegetable oil  
Four 6-inch corn tortillas  
1/2 c. refried beans  
4 large eggs  
1/2 avocado, pitted, peeled and diced  
1/2 c. grated Monterey Jack  
Sour cream, optional

## Directions

1. In a bowl with sides, combine the tomatoes (with juices), cilantro, onions, garlic, jalapeno, and salt; puree until smooth with the stick blender.
2. Transfer the sauce to a small sauce pan and simmer over medium heat until slightly thickened, about 10 minutes. Cover and keep warm over low heat.
3. Add 1 teaspoon vegetable oil to the electric skillet set to medium heat (no more than 300° and lower if necessary). Place a tortilla in the skillet and cook until light golden but not crisp, about 30 seconds. Flip and cook for 30 seconds more. Transfer to an individual plate. Cook the remaining tortillas, adding a bit more oil to the pan if necessary.
4. Microwave the refried beans in a small bowl with a paper towel over the top for 25-35 seconds on power 7. Spread the beans on the tortillas as they come out of the skillet.
5. Add another teaspoon of oil to the skillet. Working in batches, crack the eggs into the skillet. Cook until the bottoms are set and the edges golden, 1 to 2 minutes. Turn the heat to medium-low, cover and cook until set, about 1 minute more.
6. Place 1 egg on each refried bean-covered tortilla and spoon the warm sauce over the eggs. Sprinkle with the avocado, if using, cheese and additional cilantro, if desired. Top with a dollop of sour cream, if desired

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**Recipe Name:** Corn Bread

**Region:** Southwest

**Ingredients:**

- ½ c. flour
- ¼ c. cornmeal
- ¼ c. sugar
- 1 ½ t. baking powder
- ½ t. salt
- 1 ½ t. canola oil
- ½ egg or 2 T. egg substitute
- ½ c. milk
- 1 t. melted butter

**Preparation:**

Preheat oven to 350°.

Spray baking spray into a mini muffin pan, set aside until ready to use.

**Procedure:**

1. Stir together the flour, cornmeal, sugar, baking powder, and salt.
2. Combine the canola oil, egg, and milk separately.
3. Add the egg mixture to the dry ingredients, and stir until just moist.
4. Pour into the prepared pan and bake for 8-10 minutes, or until a wooden toothpick comes out clean after inserting into the center of the corn bread.
5. Remove from oven and brush with melted butter to keep the top soft.
6. Allow to sit for 5 minutes before serving.
7. Serve warm or at room temperature with butter, honey, or jelly.

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**Recipe Name:** Veggie Quesadillas

**Region:** Southwest

**Ingredients:**

1 - 2 tsp. vegetable oil  
½ small zucchini, shredded, **REQUIRED**  
1 carrot, shredded  
½ medium green bell pepper, minced  
1 clove garlic, minced  
½ onion, diced  
  
½ c. can fat-free refried beans  
½ c. salsa  
  
4 flour tortillas  
½ cup cheese, shredded

**Procedure:**

1. Cook the zucchini and all optional vegetables (carrot, garlic, onions, and peppers) in the oil in the electric skillet over medium heat 5-7 minutes until soft.
2. Stir in the refried beans and salsa, if desired; cook 4 minutes or until heated through.
3. Remove the vegetable/bean mixture from the skillet; do not wash the pan.
4. Spread ½ of the mixture evenly over 2 of the tortillas. Sprinkle each with ½ the cheese. Top each with the other 2 tortillas.
5. Cook each quesadilla in the skillet over medium heat for 1-2 minutes per side or until the cheese is melted and exterior is browned.
6. Cut each into halves and serve.

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**Recipe Name:** Spicy Rice and Beans

**Region:** Southwest

**Ingredients:**

**1 c. flavored broth, *you choose/make flavor –  
beef, chicken or veggie***

**½ c. rice**

**½ T. butter**

**1 clove garlic, minced**

**¼ onion, diced, optional**

**¼ c. kidney or other beans**

**1 t. cumin**

**1/8 t. salt**

**Dash cayenne pepper (or less to taste)**

**When making rice – rinse  
it first, this helps  
remove arsenic. Classic  
cooking method - choose  
broth, 2:1 ratio, put the  
lid on and stir only a few  
times to prevent burning  
on the bottom.**

**Procedure:**

1. In the large sauce pan, sauté any veggies first with the butter.
2. Then, leave the veggies in the pot and bring the broth to a boil.
3. Add in rice and spices, put the lid on, and simmer over low heat for 15 – 20 minutes, or until rice is soft and all broth is absorbed. Stir twice during cooking to prevent sticking.
4. When rice is soft, stir in the beans; cook on low heat for 4-5 minutes or until heated through.
5. Remove the rice and beans mixture from the pot; present in serving bowl or on platter.

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## **Recipe: Mexican Lasagna**

Makes: 8 servings

**Region: Southwest**

2 tablespoons olive, canola, or vegetable oil  
2 tablespoons chili powder  
2 teaspoons ground cumin  
1/2 onion, chopped  
1 (15-ounce) can black beans, drained  
1 cup frozen corn kernels  
Salt  
1/2 cup medium taco sauce *mixed with* 3 T. water  
4 (8 inch) flour tortillas,  
1 cup shredded Cheddar or shredded pepper jack

1. Preheat the oven to 425 degrees F.
2. Preheat the electric skillet over medium high heat (275 degrees). Add 2 tablespoons oil. Add beans and season with chili powder, cumin, and onion.
3. Sauté the seasoned beans, 5 minutes or until heated through.
4. Add corn. Heat the mixture through, 2 to 3 minutes then season with salt, to your taste.
5. Coat a shallow baking dish with cooking spray. Put 1 tortilla on the bottom to act as the base.
6. Build lasagna in layers of 1/4 of the beans, 1/4 of the sauce, 1 tortilla, then 1/4 of the cheese. Repeat until all items are used up.
7. Bake lasagna 10 to 12 minutes until cheese is brown and bubbly.

***Present to teacher for grading.***