



"Getting kids excited about wholesome, healthy food"

Taco Tuesday

Menu

*Homemade Taco Seasoning
Fresh Scratch Made Tortillas
Chicken Tinga Tacos
Pork Carnitas
Refried Beans
Guacamole
Blender Tomato Salsa
Fresh Pineapple Salsa
Mango Hot Sauce*

Taco Spice Mix

Ingredients

1 tbsp chili powder
2 tsp smoked paprika
1 tsp ground cumin
1/2 tsp dried oregano
1/4 tsp garlic powder
1/4 tsp onion powder
1/8 tsp chipotle powder
salt & pepper to taste

Directions

Add 2-3 tbsp per pound of ground beef or chicken.

Tortillas

Ingredients

1 ¾ cup Masa Harina
1 cup plus 2 tbsp hot water
1 tsp kosher salt

Directions

Add 1 cup hot water to Masa Harina and salt and let stand for 30 minutes Form dough and add additional water until dough has consistency of play dough and will not crack when you press on it.

Knead for 2 minutes and cover with damp cloth. Let rest for 15 minutes. Divide dough into 16 equal pieces and flatten in tortilla press. Grill in hot dry pan on medium high heat until dough releases from pan. Flip, grill for 30 seconds and flip again for 30 seconds until tortilla begins to brown

Chicken Tinga Tacos

Ingredients

1/4 cup plus 2 tablespoons extra-virgin olive oil
2 1/2 pounds trimmed, skinless, bone-in chicken thighs
Salt and freshly ground black pepper
1 large onion, thinly sliced
3 large garlic cloves, minced
One 28-ounce can diced tomatoes
2 canned chipotles in adobo, coarsely chopped
1 cup chicken broth

Directions

Heat 3 tablespoons of the olive oil in a large nonstick skillet. Season the chicken all over with salt and pepper, add it to the skillet and cook over moderately high heat, turning once, until browned, about 12 minutes. Remove chicken, and pour off extra grease.

Add the remaining 3 tablespoons of olive oil to the skillet along with the onion. Cook over moderately high heat, stirring occasionally, until the onion is lightly browned and softened, 5 minutes. Add the garlic and cook until fragrant, 2 minutes. Add the tomatoes and their juices, the chipotles and the broth and bring to a boil. Simmer over moderate heat, stirring occasionally, until thickened and slightly reduced, 20 minutes.

Transfer the sauce to a food processor and puree until smooth and season with salt and pepper. Place the chicken back into a pot with a lid, and let simmer in the sauce until chicken is fall off the bone tender, about 45 minutes.

Pork Carnitas

Ingredients

5 sprigs thyme
3 pounds boneless pork butt (fat cap intact), cut into 2-inch chunks
5 cloves garlic
2 bay leaves
1/2 cup vegetable oil
Juice of 2 limes
Juice of 1 orange
Kosher salt
Corn tortillas, warmed, and assorted toppings, for serving

Directions

Tie the thyme sprigs together with kitchen twine; combine the pork, garlic, bay leaves and thyme bundle in a large Dutch oven. Add the vegetable oil, lime juice, orange juice, 1 cup water and 2 teaspoons salt and bring to a simmer over medium heat. Reduce the heat to low; cover and gently simmer, stirring occasionally, 1 hour.

Uncover the pot and continue simmering, stirring once or twice, until the pork is tender, about another 1 hour, 15 minutes. Increase the heat to medium; cook, stirring occasionally, until the liquid is mostly evaporated, about 35 more minutes. Discard the thyme bundle and bay leaves, then increase the heat to medium high so the pork starts to fry. Cook, stirring and scraping the bottom of the pot occasionally, until the pork is golden brown and crisp in spots, about 10 more minutes. Serve in tortillas with assorted toppings.

Refried Beans

Ingredients

1 tablespoon canola oil
1/2 medium onion, diced
2 cloves garlic, minced
1 (15-ounce) can black beans, preferably low-sodium, drained and rinsed
2/3 cup vegetable broth, plus more if needed
Salt and pepper
2 tablespoons chopped fresh cilantro leaves
1 portion taco spice mix

Directions

Heat the oil in a large skillet over medium heat. Add the onion and cook until tender, about 3 minutes. Stir in the garlic and chili powder and cook for 1 minute more. Stir in the beans and chicken broth and cook until the beans are warmed through, about 5 minutes. Mash the beans coarsely with the back of a wooden spoon, adding more vegetable broth to moisten, if needed. Season with salt and pepper, to taste. Stir in the cilantro.

Guacamole

Serves 4

Ingredients

1 tablespoon coarsely chopped serrano or jalapeno peppers
1 teaspoon grated garlic
6 stalks coriander with stems and leaves
1 ripe avocado
Salt to taste
1 to 2 tablespoons lime juice (or to taste)

Directions

Grind peppers, garlic and coriander together in a mortar and pestle, adding a little lime juice if necessary. Mash avocado to a rough paste. Add chili mixture and stir to combine. Season with salt and lime juice to taste.

Blender Tomato Salsa

Ingredients

3 medium tomatoes, cored and chopped (or 1 15-ounce can of whole tomatoes)
¼ cup onion, chopped
1 clove garlic, chopped
1 small jalapeño pepper, seeded and chopped
¼ cup cilantro, chopped
1 teaspoons dried oregano
Juice of 1 – 2 limes
2 teaspoons salt

Directions

Combine all ingredients in a food processor. Taste and adjust seasoning as needed.

Pineapple Salsa

Ingredients

1 pineapple, peeled and cored
1 small onion, minced
1 small red pepper, diced
½ - 1 jalapeno, diced
¼ Cup chopped fresh cilantro
Juice of 2 limes
Salt and pepper to taste

Directions

Process each ingredient separately in a food processor to desired consistency. Combine ingredients according to your taste. Season with salt and pepper. Adjust seasoning as needed.

Mango Hot Sauce

Ingredients

1 can chipotles en adobo
3 fresh mango, peeled and chopped
1/2 teaspoon salt
handful of fresh cilantro leaves
juice of 1 -2 limes
1/2 teaspoon sugar, optional

Directions

Combine all ingredients in a food processor. Taste and adjust seasoning as needed. If needed, add $\frac{1}{4}$ cup water