

Lupe Tortilla's Fajitas



2 lbs skirt steak
3 garlic cloves, peeled and mashed
1/3 cup vegetable oil, plus 2 tablespoons vegetable oil
4 tablespoons tequila
1 teaspoon salt
4 tablespoons fresh lime juice (from real limes)
1 large white onion, sliced into thin crescents (half rings)
3 green bell peppers or assorted color bell peppers, cut into strips
1 teaspoon ground cumin

Cut the steak into pieces that will fit on your grill, or into your grill pan or skillet.

Place the pieces of meat into a non-reactive bowl.

Mix the garlic, lime juice, cumin, tequila, salt, and 1/3 cup vegetable oil.
Pour over the meat and marinade for 2 hours.

Remove the meat from the marinade and grill over hot coals or in a grill pan or skillet over med-high heat. Do not allow meat to dry by overcooking.

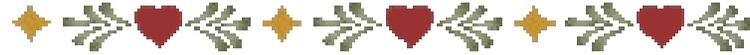
Heat the remaining 2 tbsp vegetable oil and sauté peppers and onions over med-high heat until they are crisp/tender.

Cut the grilled meat into strips and serve with pepper and onion mixture.

Serve with warm flour or corn tortillas.

Can also serve with optional sides: sour cream, avocados, guacamole, salsa, cheese...

Best Black Bean Soup



1/2 lb. sausage or ham, sliced (optional)
1 large onion, chopped
7 cans black beans
2 cans Rotel Tomatoes
1/4 cup lime juice
1 heaping teaspoon chopped garlic
32 ounces of chicken broth
1 bunch fresh cilantro, chopped
3 green onions, sliced

Sauté onion and sausage until onions are soft.
Add the rest of the ingredients and mix well.
Bring to a boil over medium-high heat.
Add the Cilantro and the Green Onions.
Reduce heat to low and simmer for 20 to 30 minutes.

16 servings
1 1/2 cups = 250 calories

NOTE: You can cut this recipe in half for a smaller batch.
I prefer Trappey's or La Costena black bean. Anything but Goya

This recipe is based on the Best Black Bean recipe from Sandra Lee.

Artichoke Bread



1/4 cup butter
3 garlic cloves, pressed
3-4 green onions, chopped
1 (14-ounce) can artichoke hearts, drained & chopped
4 ounces shredded Monterey Jack cheese
1 cup grated parmesan cheese

1/2 cup sour cream
1 French bread loaf
Salt and freshly ground black pepper
Cayenne and/or Tabasco to taste
shredded cheddar cheese or Monterey Jack

Preheat the oven to 350 degrees.

Melt the butter in a skillet over medium-high heat.
Add the garlic and cook until fragrant, about 30 seconds.

Add the artichoke hearts & green onions, sauté to warm through - about 3 min.
Add Monterey Jack cheese, parmesan cheese and sour cream.
Stir to blend. Remove from the heat and cool.

Slice the bread lengthwise and scoop out some of the center.
Spoon the artichoke mixture evenly into the bread shells and
sprinkle the top with the shredded cheese.

Place each half on a baking sheet and cover it lightly with
aluminum foil. Bake for 25 minutes, then remove the foil and
bake for another 5 to 8 minutes or until the cheese melts completely.
Cut into slices to serve warm.

NOTE: Chopped spinach & crabmeat or crawfish tails would be delicious. This might fill 2 loaves of French Bread.

The Best Chocolate Sheet Cake. Ever.



FOR CAKE:

- CAKE Ingredients
- 2 cups Flour
- 2 cups Sugar
- 1/4 teaspoons Salt
- 4 Tablespoons (heaping) Cocoa
- 2 sticks Butter
- 1 cup Boiling Water
- 1/2 cups Buttermilk
- 2 whole Beaten Eggs
- 1 teaspoon Baking Soda
- 1 teaspoon Vanilla

FOR FROSTING:

- 1/2 cups Finely Chopped Pecans
- 1-3/4 stick Butter
- 4 Tablespoons (heaping) Cocoa
- 6 Tablespoons Milk
- 1 teaspoon Vanilla
- 1 pound (minus 1/2 Cup) Powdered Sugar

In a mixing bowl, combine flour, sugar, and salt.

In a saucepan, melt butter. Add cocoa. Stir together.

Add boiling water, allow mixture to boil for 30 seconds, then turn off heat. Pour over flour mixture, and stir lightly to cool.

In a measuring cup, pour the buttermilk and add beaten eggs, baking soda, and vanilla. Stir buttermilk mixture into butter/chocolate mixture. Pour into sheet cake pan and bake at 350-degrees for 20 minutes.

While cake is baking, make the icing. Chop pecans finely. Melt butter in a saucepan. Add cocoa, stir to combine, then turn off heat. Add the milk, vanilla, and powdered sugar. Stir together. Add the pecans, stir together, and pour over warm cake.

Cut into squares, eat, and totally wig out over the fact that you've just made the best chocolate sheet cake. Ever.

White Chicken Enchiladas



- 2-1/2 cups Cooked, Shredded Chicken
- 2 cups Reserved Broth From Chicken
- 3 Tablespoons Canola Oil
- 12 whole Corn Tortillas
- 1 whole Large Onion, Diced
- 3 whole 4 Oz Cans Whole Green Chilies, Diced
- 1 whole Jalapeno, Seeded And Finely Diced
- 1 teaspoon Paprika
- 1/2 cups Heavy Cream
- 2 Tablespoons Butter
- 2 Tablespoons Flour
- 1 cup Sour Cream
- 2-1/2 cups Monterey Jack Cheese, Grated
- Salt And Pepper (to Taste)
- Picante Sauce (optional)
- Cilantro, Chopped

Heat 2 tablespoons canola oil in a small skillet over medium-high heat. Fry tortillas for no longer than 20 seconds, just to soften (do not allow to become crisp.) Place tortillas on a large towel or stack of paper towels to drain.

Heat 1 tablespoon canola oil in separate skillet over medium heat. Add onions and jalapenos and sauté for 1 minute, just to start the cooking process. Add chicken, half of the green chilies, and 1/2 teaspoon paprika. Stir together. Add 1/2 cup chicken broth and stir. Add cream and stir, allowing mixture to bubble and get hot. Turn off heat and set aside.

In a separate large skillet, melt butter and sprinkle in flour. Whisk together and cook over medium heat for one minute. Pour in 1 1/2 cups chicken broth. Whisk together and cook for another minute or two. Stir in the other half of the chilies. Reduce heat, then stir in sour cream. Add 1 1/2 cups grated cheese and stir to melt. Add 1/2 teaspoon paprika. Check seasoning and add salt and pepper as needed.

To assemble, spoon chicken mixture on top of tortillas, one by one. Top with plenty of cheese and roll up. Place seam side down in a 9 x 13 casserole dish.

Pour cheese mixture all over the top of the tortillas. Top with extra cheese if you'd like, then bake at 350 degrees for 30 minutes. Sprinkle generously with chopped cilantro.

Serves 6

Serve with picante sauce, if desired.

Taste. Faint. Repeat as needed.

<http://thepioneerwoman.com/cooking/2009/11/white-chicken-enchiladas/>

Honey Beer Bread



3 cups all-purpose flour
2 Tbsp. sugar
1 Tbsp. baking powder
1 tsp. salt
2 Tbsp. honey or agave nectar
1 bottle (12 ounces) beer
4 Tbsp. (half stick) butter, melted (**You can double this if you'd like**)

(Makes 1 loaf)

Preheat the oven to 350 degrees F. Grease a 9 x 5 x 3 inch loaf pan.

In a medium bowl, whisk together the flour, sugar, baking powder and salt. Using a wooden spoon, stir the beer and honey into the dry ingredients until just mixed. (I recommend popping your honey in the microwave for a few seconds beforehand to make it easier to stir in!)

Pour half the melted butter into the loaf pan. Then spoon the batter into the pan, and pour the rest of the butter on top of the batter. (Use a pastry brush to spread it around if you'd like.)

Bake for 50 to 60 minutes, until top is golden brown and a toothpick/knife inserted in the middle comes out clean. Serve immediately.

* You could add nuts and/or raisins, or if you're a big fan of beer-cheese bread, forget the honey & add a cup or so of cheddar, some jalapeno & cilantro into the batter to give it a kick.

Bacon-Wrapped Jalapeno Thingies



20 whole Fresh Jalapenos, 2-3 Inches In Size
2 lg. cubes Cream Cheese (Softened)
1 pound Thin (regular) Bacon, Sliced Into Thirds

If you have them, slip on some latex gloves for the pepper prep...
Cut jalapenos in half, length-wise. With a spoon, remove the seeds and white membrane (the source of the heat; leave a little if you like things HOT).

Smear softened cream cheese into each jalapeno half. Wrap jalapeno with bacon pieces (1/3 slice). Secure by sticking toothpick through the middle. (At this point, you can freeze them, uncooked, in a Ziploc bag for later use).

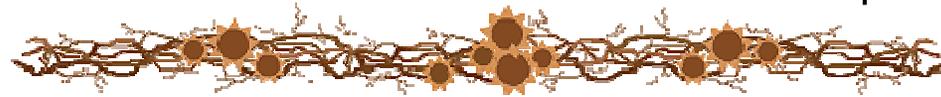
Bake on a pan with a rack in a 375-degree oven for 20-25 minutes.
You don't want the bacon to shrink so much it starts to squeeze the jalapeno.

If, after 20 minutes, the bacon doesn't look brown enough, just turn on the broiler for a couple of minutes to finish it off. These are best when the jalapeno still has a bit of bite to it.

Serve immediately, or they're also great at room temperature.

http://thepioneerwoman.com/cooking/2007/07/bacon-wrapped_j/

Chilled Avocado-Cucumber Soup



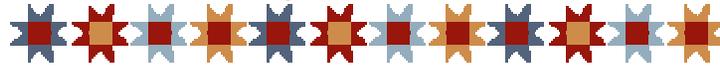
2 avocados, sliced
1 cucumber, chopped (about 1/2 cup)
1/2 cup cilantro, chopped
2 tablespoons green onions, chopped
2 small serrano or 1 jalapeno peppers, chopped
1/4 cup lime juice
1/2 cup sour cream
2 cups chicken or vegetable stock
Salt, black pepper to taste
Generous pinch of cayenne pepper

Place avocados, cucumbers, cilantro, green onions, Serrano peppers, lime juice, sour cream and stock in a blender.

Season with salt and pepper. Puree & Chill in the refrigerator for at least 20 minutes.

Pour into individual bowls and swirl a generous pinch of cayenne.
This recipe will yield about 4 cups.

Crockpot Carnitas



- 1 pork tenderloin - (whatever size will fit in your crock pot)
- 1 medium sliced onion
- 1-2 sliced jalapenos (optional)
- 2-4 cloves garlic cut into quarters
- 3-4 cups chicken broth (depending on size of meat)
- 2 tbsp cumin
- 1 tbsp chili powder
- Juice of 1 lime
- salt and pepper

1. Rub pork with dry spices
2. Make a bed of onions, jalapenos & garlic on the bottom of the crockpot - place pork on top
3. Pour in chicken broth and lime juice
4. Add pepper and a generous amount of salt
5. Cook on low for 8 hours (if it looks dry, add a bit more liquid)
6. When tender, use two forks to pull apart
7. Taste for seasoning - add some if needed.

We used small corn tortillas, lime wedges, avocado, and cilantro for one dinner... then switched it up with cheese, tomatoes, and avocado another day.

Microwave Caramel Popcorn, Fast!



10 cups popcorn, air popped or 1 microwave bag

1/3 cup butter, unsalted

2/3 cup brown sugar, packed

1/3 cup light corn syrup

1/4 tsp baking soda

1/2 tsp vanilla extract

Nuts or Candy Coated Chocolate (optional)

Directions:

Place popcorn in a large microwave-safe glass bowl, set aside.

In another glass bowl, microwave the butter until melted, about 45 seconds.

Stir in brown sugar and corn syrup. Microwave on high until mixture boils,

1 to 3 minutes, stirring once, then on high for 3 minutes without stirring.

Remove bowl and stir in soda and vanilla.

Pour the caramel mixture over the popcorn and stir until most of the popcorn is coated.

Microwave on 70% power for 1 minute. Remove and stir, then microwave at 70% for 1 more minute.

Remove and stir again to coat popcorn evenly. Pour popcorn onto wax paper and cool completely, about ten minutes. Break apart and serve, or store in an airtight container.

You can add nuts or candy coated chocolate if desired. Add nuts with the popcorn before coating with the caramel. If you are using chocolate, add it just before pouring on cooling sheet...or you will have a big melted blob.

Enjoy! Makes about 10 servings, about 1 cup each.

Sweet Potato - or - Pumpkin Pecan Pie



- 1 refrigerated 9-inch deep dish pie crust
- 1 (15 ounce) pumpkin puree or yams or (sweet potatoes) drained and mashed (about 1 cup) or 1 cup fresh yams (sweet potatoes), cooked and mashed
- 2 large eggs, divided
- 1/4 cup light brown sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 3 large egg whites
- 2/3 cup dark corn syrup
- 1/2 cup sugar
- 2 tsp. vanilla extract
- 2/3 cup pecans, chopped

Preheat oven to 350 degrees. In a mixing bowl, blend together the yams, 1 egg, brown sugar, cinnamon, and nutmeg. Spread evenly on bottom of pie crust.

In a mixing, bowl, beat together the remaining egg, egg whites, corn syrup, sugar, and vanilla until mixture is frothy. Stir in pecans. Carefully spoon over yam layer.

Bake for 50 to 60 minutes or until filling is set around edges or until a knife inserted halfway between the center and edge comes out clean. Cool and serve.

Makes 8 servings. 338 calories per serving.

Chile Con Queso Revved Up



- 32 ounces, weight Velveeta Cheese Loaf
- 10 ounces, weight Rotel
- 1 pound Jimmy Dean Hot Breakfast Premium Pork Sausage
- 7 ounces, weight Chopped Green Chilies
- 1 whole Yellow Onion
- 1 whole Jalapeno (Or More, To Taste)

Dice the onion. Using a nonstick sprayed skillet, cook sausage and onions until brown, stirring occasionally. Once browned, drain some of the fat from the skillet.

Cube Velveeta loaf. Add cubes to browned sausage and onion mixture. Add can of Rotel (juice and all), can of green chilies (juice and all), and stir over low heat.

Cut the top and bottom off the jalapeño, slice into matchsticks, then rotate and slice to create a fine dice. (For a spicy version, leave seeds and white membranes. For a milder option, remove them.)
Add to queso and stir.

Serving tip: Use a fondue pot or crock pot to serve piping hot!

Servings 12

The Pioneer Woman

http://thepioneerwoman.com/cooking/2007/06/chile_con_queso/ (for pics)