

CREATING A

*f*iesta

.. A COOKBOOK



BEEF TACOS



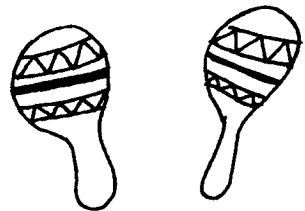
Ingredients:

- 2 pounds hamburger meat
- Taco seasoning
- Corn tortillas
- 1 onion, diced
- 1 tomato, chopped
- Cilantro, chopped
- Limes

servings:5

Directions:

1. Fry hamburger meat, with seasoning.
2. Throw in the onions and fry for another 3 minutes.
3. Serve the meat inside of the corn tortillas.
4. Top with cilantros, tomatos, and lime juice.





CHICKEN FLAUTAS

Ingredients:

4 skinless chicken breast halves

Corn tortillas

1/4 teaspoon ground cumin



*toothpicks to hold the flautas

servings:6

Directions:

1. Preheat oven to 350 degrees.
2. Boil chicken breast until cooked, proceed to shred.
3. Add shredding chicken in skillet and fry.
4. Add cumin.
5. Fry the corn tortillas for 1 to 2 seconds on each side to soften.
6. Add 1 tablespoon of the shredded chicken to the corn tortillas and wrap the tortilla around the mixture with a toothpick to help hold it in place. Place on a lightly greased baking sheet. Continue until all of the shredded chicken is gone.
7. Bake flautas in the preheated oven for about 20 minutes or until the tortillas are golden brown.

Best served with sour cream, or guacamole.



FRIJOLES A LA CHARRA



Ingredients:

- 1 pound bag of pinto beans
- 1/2 pound Bacon, diced
- 1 onion, diced
- 1 tomato, chopped
- Cilantro, chopped

servings: 6

Directions:

1. Soak beans over night in water.
2. Place beans in a slow cooker covered in water placed on the low setting.
3. When beans are prepared (usually in 8 hours) fry the diced bacon.
4. When bacon is completely fried, add the diced onion and fry for an additional 5 minutes.
5. Add chopped tomato, fry for additional 2 minutes.
6. Add the entire mixture (bacon, onion, tomato, included the oil) into the slow cooker, and stir contents.
7. Add the chopped cilantro, and mix.
8. Enjoy.



RICE

Ingredients:

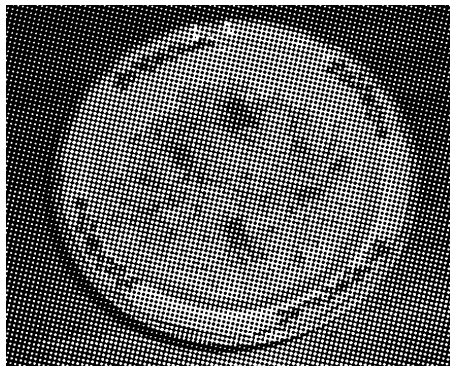
- 1 cup rice
- 2 cups water
- 1 onion, chopped
- 1 tomato, chopped



servings: 6

Directions:

1. Fry rice and chopped onion in skillet with oil for one minute.
2. Add 2 cups water, bring to a boil.
3. Simmer, add the diced tomatoes and cover.
4. Rice will be ready when the rice "pops".





GUACAMOLE



Ingredients:

- 3 riped avacados, peeled/
cubed
- 1 can of rotelle
- 1 onion, diced

servings: 6

Directions:

1. Placed the cubed avacados into a medium bowl.
2. Top with the onions, and rotelle
3. Mix and mash with a fork.



Best served with corn tortilla chips



PINA COLADA

Ingredients:

- 16 oz pina colada mix
- 1/2 cup frozen pineapples
- 2 scoops vanilla ice cream
- 4 cups ice

servings: 6



Directions:

1. Blend all ingredients together until slushy.

You can also add 3 oz coconut flavored rum



LA FAMILIA



The history of the Avocado family make this cook-book possible with over five generations of secret recipes! Thanks to Hass Avocado and his wife Gwena for gathering these recipes together.

H. Avocado