

chipotle & southwest

Enjoy Easy Southwest and Chipotle Cooking with Chipotle Recipes and Southwest Recipes

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By
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With simple ingredients, and even simpler step-by-step instructions BookSumo cookbooks get everyone in the kitchen chefing delicious meals.

BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

Introduction

Welcome to *The Effortless Chef Series*! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on Chipotle and Southwest. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

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Common Abbreviations

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb

***All units used are standard American measurements**



Chapter 1: Chipotle

Homemade Chipotle Mayonnaise

Ingredients

- 1/2 C. mayonnaise
- 2 chipotle chilies in adobo sauce
- 1 tbsp adobo sauce from chipotle peppers

Directions

- Add all the ingredients in a food processor and pulse till well combined and smooth.

Servings per Recipe: 8

Timing Information:

Preparation	5 m
Cooking	5 m
Total Time	5 m

Nutritional Information:

Calories	101 kcal
Fat	11 g
Carbohydrates	0.8g
Protein	0.1 g
Cholesterol	5 mg
Sodium	103 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Creamy Chipotle Guacamole

Ingredients

- 2 avocados, peeled, seeded and cubed
- 1 tbsp fresh lime juice
- 2 tbsps sour cream
- 1/4 C. salsa, or to taste
- 1/4 tsp adobo sauce from canned chilies, or to taste
- salt and pepper to taste

Directions

- In a large bowl, all the ingredients except salt and black pepper.
- With a potato masher, mash till well combined and season with the salt and black pepper.

Servings per Recipe: 8

Timing Information:

Preparation	15 m
Cooking	15 m
Total Time	30 m

Nutritional Information:

Calories	91 kcal
Fat	8.1 g
Carbohydrates	5.1g
Protein	1.3 g
Cholesterol	2 mg
Sodium	55 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Wine Braised Chipotle Shrimp

Ingredients

- 1 C. uncooked long grain white rice
- 2 C. water
- 1/4 C. butter
- 2 cloves garlic, minced
- 1/4 C. dry red wine
- 1 1/2 tbsps Worcestershire sauce
- 2 tbsps minced chipotle peppers in adobo sauce
- 1 tsp salt
- 1 1/2 pounds medium shrimp - peeled and deveined

Directions

- In a medium pan, mix together water and rice and bring to a boil.
- Reduce the heat to low and simmer, covered for about 20 minutes or till all the liquid is absorbed.
- In a skillet, melt the butter on medium heat and sauté the garlic for about 30 seconds.
- Stir in the shrimp, chipotle peppers, Worcestershire sauce, wine and salt and cook for about 5 minutes or till the shrimp becomes opaque.
- Serve the shrimp mixture with the rice.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	30 m
Total Time	45 m

Nutritional Information:

Calories	437 kcal
Fat	13.5 g
Carbohydrates	41.7g
Protein	31.8 g
Cholesterol	290 mg
Sodium	1061 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Creamy Chipotle Chicken

Ingredients

- 8 chicken leg quarters
- 1 1/2 C. milk
- 1 C. sour cream
- 2 chipotle peppers in adobo sauce
- 2 tbsps chicken bouillon granules
- 1 tbsp margarine
- salt to taste

Directions

- Set your oven to 375 degrees F before doing anything else.
- Arrange the chicken legs in a greased roasting pan and cook in the oven for about 30-40 minutes or till done completely.
- Meanwhile in a blender, add the remaining ingredients except margarine and salt and pulse till smooth.
- In a large pan, melt margarine on medium heat and stir in the chipotle mixture.
- Bring to a gentle simmer and reduce the heat to low.
- Stir in roasted chicken legs and salt and simmer for about 10 minutes or till chicken is well combined with the flavors of sauce.

Servings per Recipe: 8

Timing Information:

Preparation	5 m
Cooking	50 m
Total Time	55 m

Nutritional Information:

Calories	362 kcal
Fat	23.6 g
Carbohydrates	3.9g
Protein	31.7 g
Cholesterol	119 mg
Sodium	589 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Yogurt Sauce

Ingredients

- 1/2 C. plain yogurt
- 1/2 C. mayonnaise
- 2 tsps pureed chipotle peppers in adobo sauce

Directions

- Add all the ingredients in a bowl and mix till well combined and smooth.
- Refrigerate to chill before serving.

Servings per Recipe: 8

Timing Information:

Preparation	2 m
Cooking	2 m
Total Time	4 m

Nutritional Information:

Calories	109 kcal
Fat	11.2 g
Carbohydrates	1.6g
Protein	0.9 g
Cholesterol	6 mg
Sodium	95 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Cheesy Chipotle-Cilantro Turkey Burgers

Ingredients

- 1 pound ground turkey
- 1/2 C. finely chopped onion
- 2 tbsps chopped fresh cilantro
- 1 chipotle chili in adobo sauce, finely chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp seasoned salt
- 1/4 tsp black pepper
- 4 slices mozzarella cheese
- 4 hamburger buns, split and toasted

Directions

- Set your outdoor grill to medium heat before doing anything else and lightly, grease the grill grate.
- In a large bowl, add all the ingredients except cheese and buns and mix till well combined.
- Make 4 equal sizes patties from the mixture and cook on the grill for about 4 minutes on both sides.
- In the last 2 minutes of cooking, place one mozzarella slice over each patty.
- Serve these patties in the burger buns.

Servings per Recipe: 4

Timing Information:

Preparation	25 m
Cooking	10 m
Total Time	35 m

Nutritional Information:

Calories	376 kcal
Fat	15.3 g
Carbohydrates	25.8g
Protein	33.3 g
Cholesterol	102 mg
Sodium	725 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Sweet & Spicy Chipotle Pork

Ingredients

- 1 tsp onion powder
- 1 tsp garlic powder
- 3 tbsps chipotle chili powder
- 1 1/2 tsps salt
- 4 tbsps brown sugar
- 2 (3/4 pound) pork tenderloins

Directions

- Set your grill to medium-high heat before doing anything else and lightly, grease the grill grate.
- In a large resealable bag, mix together all the ingredients except the pork.
- Add pork and shake the bag to coat with marinade evenly and seal the bag tightly.
- Refrigerate to marinate for about 10-15 minutes.
- Cook the pork on the grill for about 5 minutes on both sides.
- Keep aside for about 5-10 minutes before slicing.

Servings per Recipe: 6

Timing Information:

Preparation	15 m
Cooking	20 m
Total Time	35 m

Nutritional Information:

Calories	183 kcal
Fat	6.1 g
Carbohydrates	11.7g
Protein	20.4 g
Cholesterol	62 mg
Sodium	667 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Hummus

Ingredients

- 2 (15.5 oz.) cans garbanzo beans, drained
- 1/2 C. water
- 1/4 C. tahini (sesame-seed paste)
- 1/4 C. fresh lemon juice
- 2 tbsps olive oil
- 1 canned chipotle pepper in adobo sauce
- 2 cloves garlic
- 1 1/2 tsps cumin
- 1 (7 oz.) jar roasted red bell peppers, drained
- 6 oil-packed sun-dried tomatoes, drained
- 1/2 C. chopped cilantro
- 1/2 tsp salt
- ground black pepper to taste

Directions

- In a food processor, add beans, tahini, chipotle pepper, garlic, oil and lemon juice and pulse till well combined and smooth.
- Add the remaining ingredients and pulse till chopped finely.
- Place the hummus in a bowl and refrigerate, covered before serving.

Servings per Recipe: 20

Timing Information:

Preparation	15 m
Cooking	15 m
Total Time	30 m

Nutritional Information:

Calories	90 kcal
Fat	3.7 g
Carbohydrates	11.9g
Protein	2.9 g
Cholesterol	0 mg
Sodium	235 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Barbecued Chipotle Meatloaf

Ingredients

- 2 eggs
- 1/3 C. hickory flavored barbeque sauce
- 2 cloves garlic, minced, or to taste
- 2 chipotle chilies in adobo sauce, minced, or to taste
- 2 tbsps adobo sauce from chipotle peppers
- 1 tsp kosher salt
- 1 tsp coarse ground black pepper
- 1/2 tsp celery salt
- 1/2 tsp ground cumin
- 1 tbsp Worcestershire sauce
- 1 onion, chopped
- 1/2 C. dry oatmeal
- 2 pounds lean ground beef
- 2 tbsps hickory flavored barbeque sauce

Directions

- Set your oven to 350 degrees F before doing anything else and grease a 9x5-inch loaf pan.
- In a large bowl, crack the eggs and beat till smooth.
- Add 1/3 C. of barbecue sauce, adobo sauce, Worcestershire sauce, chipotle chilis, garlic, cumin, celery salt, kosher salt and black pepper and beat till well combined.
- Add beef, oatmeal and onion and mix till well combined and transfer into the prepared loaf pan evenly and coat the top with the remaining barbecue sauce.
- Cook in the oven for about 1 hour or till done completely.

Servings per Recipe: 8

Timing Information:

Preparation	15 m
Cooking	1 h
Total Time	1 h 15 m

Nutritional Information:

Calories	306 kcal
Fat	16.2 g
Carbohydrates	12.7g
Protein	25.8 g
Cholesterol	124 mg
Sodium	635 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Mac and Cheese

Ingredients

- 1 pound elbow macaroni, cooked according to package directions

Sauce:

- 1 quart half and half, divided
- 1 chipotle pepper from canned chipotles in adobo sauce, or more to taste
- 5 chicken bouillon cubes
- 3 cloves fresh garlic, roughly chopped
- 1 tbsp Spice Islands(R) Onion Powder
- 1/2 tsp Spice Islands(R) Fine Grind Black Pepper (optional)
- 1/4 C. Argo(R) OR Kingsford's(R) Corn Starch
- 2 C. shredded Monterey Jack cheese
- 2 C. shredded pepperjack cheese
- Topping:
- 1 C. shredded pepper jack cheese OR sprinkle with Spice Islands(R) Paprika

Directions

- Set your oven to 350 degrees F before doing anything else and grease a 13x9-inch casserole dish.
- In a food processor or blender, add half-and-half, chipotle peppers, garlic and bouillon and pulse till well combined.
- Transfer the mixture into a large pan with the remaining half-and-half, cornstarch, onion powder and black pepper.
- Bring to a boil, stirring continuously and boil for about 1 minute or till thick and immediately remove from heat.
- Immediately, add cheese and stir till melted completely and then stir in the cooked macaroni.
- Transfer the mixture into the prepared casserole dish evenly and top

with the desired topping evenly.

- Cook everything in the oven for about 25-30 minutes or till the top becomes bubbly and golden brown.

Servings per Recipe: 10

Timing Information:

Preparation	20 m
Cooking	30 m
Total Time	50 m

Nutritional Information:

Calories	556 kcal
Fat	31.5 g
Carbohydrates	44.2g
Protein	23.3 g
Cholesterol	98 mg
Sodium	986 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Tomato Salsa

Ingredients

- 1 (14.5 oz.) can whole peeled tomatoes
- 1 fresh jalapeno pepper, seeded
- 1 chipotle chili in adobo sauce, seeded
- 1 (1 inch) piece dried ancho chili pepper
- 1 clove garlic
- 2 1/2 tbsps chopped onion
- 1 tbsp chopped fresh cilantro
- 1 tbsp lemon juice, or to taste
- 3/4 tsp salt
- 1/4 tsp white sugar, or to taste
- 1/4 tsp ground cumin

Directions

- In a blender, add all the ingredients and pulse till desired consistency.
- Transfer into a bowl and keep aside till the flavors blend completely.

Servings per Recipe: 8

Timing Information:

Preparation	20 m
Cooking	1 h 20 m
Total Time	20 m

Nutritional Information:

Calories	14 kcal
Fat	0.2 g
Carbohydrates	3.2g
Protein	0.5 g
Cholesterol	0 mg
Sodium	299 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Sweet & Spicy Mustard Chicken Thighs

Ingredients

- 8 large bone-in, skin-on chicken thighs
- 1/2 C. Dijon mustard
- 1/4 C. packed brown sugar
- 1/4 C. red wine vinegar
- 1 tsp dry mustard powder
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1/2 tsp ground dried chipotle pepper
- 1 pinch cayenne pepper, or to taste
- 4 cloves garlic, minced
- 1 onion, sliced into rings
- 2 tsps vegetable oil, or as needed

Directions

- With a sharp knife, cut 2 (1-inch apart) slashes into the skin and meat to the bone of the chicken thighs crosswise.
- In a large bowl, mix together all the ingredients except onion and oil and transfer the mixture into a large resealable bag.
- Add the chicken thighs and shake the bag to coat with marinade evenly and seal the bag tightly.
- Refrigerate to marinate for about 4-8 hours.
- Set your oven to 450 degrees F before doing anything else and line a large baking sheet with a lightly greased piece of foil.
- Spread the onion rings onto the prepared baking sheet evenly and top with chicken thighs.
- Coat the thighs with oil and sprinkle with seasoning if you like.
- Cook in the oven for about 35-45 minutes or till done completely.

- In a large serving platter, place thighs and onion rings.
- In a small pan, add the baking sheet drippings and cook, stirring occasionally for about 3-4 minutes or till it reduces to half.
- Serve the chicken and onion rings with the topping of pan sauce.

Servings per Recipe: 8

Timing Information:

Preparation	20 m
Cooking	40 m
Total Time	5 h

Nutritional Information:

Calories	352 kcal
Fat	19 g
Carbohydrates	13.8g
Protein	29.1 g
Cholesterol	106 mg
Sodium	765 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Black Beans, Corns & Quinoa Chili

Ingredients

- 1 C. uncooked quinoa, rinsed
- 2 C. water
- 1 tbsp vegetable oil
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 1 (28 oz.) can crushed tomatoes
- 2 (19 oz.) cans black beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 zucchini, chopped
- 1 jalapeno pepper, seeded and minced
- 1 tbsp minced chipotle peppers in adobo sauce
- 1 tsp dried oregano
- salt and ground black pepper to taste
- 1 C. frozen corn
- 1/4 C. chopped fresh cilantro

Directions

- In a pan, add water and quinoa and bring to a boil on high heat and reduce the heat to medium-low.
- Simmer, covered for about 15-20 minutes or till the liquid is absorbed.
- Meanwhile in another large pan, heat the oil on medium heat and sauté the onion for about 5 minutes or till tender.
- Stir in the garlic, cumin and chili powder and sauté for about 1

minute.

- Add the beans, vegetables, chipotle pepper, jalapeno, thyme and seasoning and bring to a boil on high heat.
- Reduce the heat to medium-low and simmer, covered for about 20 minutes.
- Stir in the corn and cooked quinoa and simmer for about 5 minutes.
- Stir in the cilantro and serve hot.

Servings per Recipe: 10

Timing Information:

Preparation	30 m
Cooking	30 m
Total Time	1 h

Nutritional Information:

Calories	233 kcal
Fat	3.5 g
Carbohydrates	42g
Protein	11.5 g
Cholesterol	0 mg
Sodium	540 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Chicken in Chipotle Gravy

Ingredients

- 2 skinless, boneless chicken breast halves
- salt and fresh ground pepper to taste
- 1 tbsp olive oil
- 2 tbsps butter
- 1 tbsp all-purpose flour
- 3/4 C. chicken broth
- 2 tbsps minced green onions
- 1/2 tsp chipotle chili powder, or more to taste

Directions

- With a meat mallet, pound the chicken breast halves into 1/2-inch thickness by it placing between 2 heavy plastic sheets.
- In a skillet, heat the oil till it begins to simmer on high heat.
- Reduce the heat to medium and add the chicken breasts and sprinkle with salt and black pepper.
- Cook the chicken for about 5 minutes on both sides or till browned.
- Place the breasts into a plate covered with foil to keep them warm.
- In the same skillet melt the butter and cook the flour stirring continuously for about 2 minutes.
- Add the broth and cook, scraping the brown bits for about 1-2 minutes.
- Stir in the chicken, chipotle powder and green onion and cook for about 1-2 minutes.

Servings per Recipe: 2

Timing Information:

Preparation	5 m
Cooking	15 m
Total Time	20 m

Nutritional Information:

Calories	333 kcal
Fat	22.2 g
Carbohydrates	4.1g
Protein	28.3 g
Cholesterol	104 mg
Sodium	188 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Mashed Potatoes

Ingredients

- 1 1/2 pounds baby red or gold potatoes
- 1/4 C. Mazola(R) Corn Oil
- Spice Islands(R) Sea Salt, to taste
- 1 tbsp canned chipotles in adobo sauce, or to taste

Directions

- Set your oven to 450 degrees F before doing anything else and arrange the rack in the lower third of the oven. Line a baking sheet with foil.
- in a large pan of water, add the potatoes and bring to a boil and then cook for about 15-20 minutes or till done completely.
- Drain well and let them cool slightly.
- Place the potatoes onto the prepared baking sheet about 3-inch away from each other.
- With the back of a spatula, mash each potato into 1/2-inch thickness and press together.
- In a blender, add chipotle peppers and oil and pulse till a puree forms.
- Spread the chipotle puree over the mashed potatoes evenly and gently lift the potatoes to let the puree spread underneath.
- Cook everything in the oven for about 30-40 minutes or till the top becomes crispy and golden brown.
- Serve immediately.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	45 m
Total Time	1 h

Nutritional Information:

Calories	241 kcal
Fat	14.3 g
Carbohydrates	27.3g
Protein	3.2 g
Cholesterol	0 mg
Sodium	108 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Cheesy Chipotle Bread

Ingredients

- 1 tbsp active dry yeast
- 3 C. warm water
- 1 tsp white sugar
- 9 C. all-purpose flour
- 1 tbsp salt
- 1/2 (7 oz.) can chipotle peppers in adobo sauce
- 1 (8 oz.) package cream cheese, softened
- 1 pound Cheddar cheese, cubed
- 1/2 C. grated Parmesan cheese
- 1/4 C. cornmeal for dusting

Directions

- In a small bowl, place the warm water and sprinkle the yeast on top and then add sugar and stir to combine.
- Keep aside for at least 5 minutes or till the mixture becomes foamy.
- In a large bowl, mix together 4 C. of flour and salt.
- Add yeast mixture and mix till a soft dough forms and keep aside for at least 15 minutes or till all the liquid is absorbed.
- Add the remaining flour, one C. at a time and mix till a smooth dough forms. (For better result, knead the dough onto a lightly flour smooth surface)
- Keep the dough aside for at least 15 minutes.
- With a hand blender, puree the chipotle in adobo sauce. (Discard the seeds of the chipotle peppers if you like)
- Cut the cream cheese in cubes.
- Add the cream cheese, chipotle puree, Parmesan and cheddar and mix till a soft and fluffy dough forms.
- In a greased bowl, place the dough and turn it so that it is coated with oil evenly and cover with a light cloth.

- Keep aside in warm place for about 40 minutes or till dough rises to double.
- With your hands, knead the dough a few times and again keep aside in warm place, covered for about 30 minutes or till it doubles.
- Meanwhile set your oven to 450 degrees F and arrange a pizza stone on the middle rack of the oven.
- Lightly, dust the back of a baking sheet or a pizza peel with cornmeal.
- Divide the dough into 4 equal portions and make a ball from each portion.
- Arrange the dough balls onto the back of a baking sheet or pizza pan and keep aside for about 10-20 minutes, covered with a damp cloth.
- Place the loaves onto a hot baking stone and cook for about 20-30 minutes or till golden brown.

Servings per Recipe: 24

Timing Information:

Preparation	25 m
Cooking	20 m
Total Time	2 h 25 m

Nutritional Information:

Calories	298 kcal
Fat	10.7 g
Carbohydrates	38.1g
Protein	11.4 g
Cholesterol	32 mg
Sodium	488 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Beef & Sausage Chili

Ingredients

- 2 pounds ground beef
- 1 pound bulk Italian sausage
- 1 large onion, diced
- 1 tbsp minced garlic
- 2 (16 oz.) cans kidney beans, rinsed and drained
- 2 (16 oz.) cans chili beans, undrained
- 2 (14.5 oz.) cans diced tomatoes
- 2 (14.5 oz.) cans crushed tomatoes
- 2 ribs celery, chopped
- 1 green bell pepper, coarsely chopped
- 1/2 red bell pepper, chopped
- 1/2 (7 oz.) can chipotle chilis in adobo sauce, finely chopped
- 1/2 (3 oz.) package bacon bits
- 1 tbsp chili sauce
- 1 tbsp hot pepper sauce (such as Frank's RedHot(R))
- 1 tbsp chili powder
- 2 tsps brown sugar
- 1/4 tsp ground cumin
- 1/4 tsp salt

Directions

- Cook the sausage and beef in a pre-heated skillet on medium-high heat for about 2-3 minutes.
- Stir in the onion and garlic and cook for about 5-7 minutes or till the meat becomes crumbly and brown.
- Now, in a slow cooker, place the beef mixture with the remaining ingredients and stir to combine.
- Set the slow cooker on Low and cook, covered for about 6-8 hours. (You can also cook on High for about 3-4 hours)

Servings per Recipe: 12

Timing Information:

Preparation	25 m
Cooking	6 h 10 m
Total Time	6 h 35 m

Nutritional Information:

Calories	402 kcal
Fat	18.3 g
Carbohydrates	33.7g
Protein	28.1 g
Cholesterol	65 mg
Sodium	1257 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Creamy Chipotle Chicken Sandwich

Ingredients

- 2 tsps olive oil
- 4 skinless, boneless chicken breast halves
- 1 tbsp red wine vinegar
- 1 tbsp fresh lime juice
- 1/2 tsp white sugar
- salt and ground black pepper to taste
- 1 green onion, chopped
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 1/3 C. light mayonnaise
- 1 tbsp canned chipotle peppers in adobo sauce, seeded and minced
- 1 1/2 tbsps chopped green onion
- 1 1/2 tbsps sweet pickle relish
- 8 slices sourdough bread
- 4 slices mozzarella cheese
- 1 C. torn lettuce

Directions

- In a large skillet, heat the oil on medium heat and sear the chicken breasts for about 10 minutes per side or till browned.
- Stir in 1 tsp lime juice, vinegar, garlic, green onion, sugar, oregano, salt and black pepper and cook for about 5 minutes per side.
- Transfer the chicken mixture into a plate and cover with a piece of foil to keep warm.
- In a blender, add chipotle pepper and mayonnaise and pulse till smooth.
- In a bowl, mix together chipotle mayonnaise, sweet pickle relish and remaining green onion.
- Toast the slices of bread.

- Spread chipotle mayonnaise over 4 bread slices evenly.
- Divide lettuce over the remaining 4 bread slices evenly, followed by 1 chicken breast and 1 cheese slice.
- Cover with the slices of mayonnaise to make a sandwich and serve immediately.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	30 m
Total Time	45 m

Nutritional Information:

Calories	451 kcal
Fat	17.3 g
Carbohydrates	35.2g
Protein	37.7 g
Cholesterol	92 mg
Sodium	757 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Quinoa & Beans Salad with Chipotle Dressing

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1 C. quinoa, rinsed
- 2 C. vegetable broth
- 1 (15 oz.) can black beans, rinsed and drained
- 1 large tomato, chopped
- 1 yellow bell pepper, chopped
- 1 avocado, diced

Dressing:

- 1/2 C. firmly packed chopped fresh cilantro
- 1 lime, juiced
- 2 tbsps olive oil
- 2 tbsps Greek yogurt
- 1 chipotle chili pepper in adobo sauce, sauce reserved
- 1 tbsp honey
- 1 tsp ground cumin
- salt and ground black pepper to taste

Directions

- For quinoa in a pan, heat oil on medium-high heat and sauté onion for about 5 minutes.
- Stir in quinoa and sauté for about 2 minutes or till toasted.
- Add broth and bring to a boil and reduce the heat to low.
- Simmer, covered for about 20 minutes or till all the water is absorbed.
- Remove from heat and fluff with a fork.

- In a large bowl, mix together quinoa, beans, bell pepper, tomato and avocado.
- In a blender, add all the dressing ingredients and pulse till smooth.
- Pour dressing over the quinoa mixture and toss to coat well.

Servings per Recipe: 6

Timing Information:

Preparation	25 m
Cooking	30 m
Total Time	55 m

Nutritional Information:

Calories	341 kcal
Fat	14.5 g
Carbohydrates	45.1g
Protein	10.6 g
Cholesterol	< 1 mg
Sodium	474 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Spicy Chipotle Crackers

Ingredients

- 3 C. all-purpose flour
- 2/3 C. flax seeds
- 1/3 C. chia seeds
- 1 1/2 tsps baking powder
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp ground dried chipotle pepper
- 1/2 C. unsalted butter
- 1 C. water, or as needed
- 2 tbsps olive oil

Directions

- Set your oven to 400 degrees F before doing anything else and grease 2 cookie sheets.
- In a large bowl, mix together the flour, chia seeds, flax seeds, chipotle powder, onion powder, garlic powder and salt.
- With a pastry cutter, cut the butter into the flour mixture and mix till a coarse crumb forms.
- Add the oil and water and with a fork, mix till a sticky dough forms and divide the dough into 2 equal portions.
- Roll both portions of the dough thinly onto a floured smooth surface individually.
- Cut the dough into desired size squares and arrange onto prepared cookie sheets.
- Cook in the oven for about 8 minutes or till crispy.
- Remove from the oven and let them cool on a wire rack completely.

Servings per Recipe: 8

Timing Information:

Preparation	15 m
Cooking	10 m
Total Time	40 m

Nutritional Information:

Calories	397 kcal
Fat	22.3 g
Carbohydrates	42.2g
Protein	8.1 g
Cholesterol	31 mg
Sodium	245 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Beef & Potato Tostadas

Ingredients

- 1 tbsp canola oil
- 4 small potatoes, cut into very small cubes
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 pounds ground beef
- 1 tsp seasoned salt
- 1 tsp garlic salt
- 2 chipotle peppers in adobo sauce
- 1/2 C. water
- 8 crispy tostada shells
- 1/4 C. sour cream, or to taste
- 1/4 C. shredded Mexican cheese blend, or to taste

Directions

- In a large skillet, heat oil on medium heat and cook, potatoes, onion and garlic for about 7 minutes.
- Stir in the beef garlic salt and seasoned salt and cook for about 10-15 minutes or till crumbly.
- Meanwhile in a blender, add water and chipotle peppers with adobo sauce and pulse till smooth.
- Add the sauce into the skillet with the beef mixture and cook, stirring occasionally for about 10-15 minutes.
- Divide the beef mixture into the tostadas evenly, followed by the layers of sour cream and Mexican cheese blend.

Servings per Recipe: 8

Timing Information:

Preparation	10 m
Cooking	30 m
Total Time	40 m

Nutritional Information:

Calories	412 kcal
Fat	24.8 g
Carbohydrates	24.2g
Protein	22.5 g
Cholesterol	77 mg
Sodium	510 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Beef Burgers with Salsa

Ingredients

- 1 bunch fresh cilantro, chopped
- 1 pound ground beef
- 1 (7 oz.) can chipotle peppers in adobo sauce
- 1 C. chopped fresh mushrooms
- 1 tbsp Worcestershire sauce
- 1 avocado - peeled, pitted, and diced
- 1 onion, diced
- 1 tomato, diced
- 2 jalapeno peppers, seeded and chopped
- 1 lime, juiced
- salt and ground black pepper to taste
- 4 onion rolls, split

Directions

- Set your outdoor grill to medium-high heat before doing anything else and lightly, grease the grill grate.
- In a large bowl, add the beef, mushrooms, 1/2 of cilantro, chipotle peppers with adobo sauce and Worcestershire sauce and mix till well combined.
- Make 4 equal sized patties from mixture.
- Cook the patties on the grill for about 5 minutes on both sides or till desired doneness.
- Meanwhile in a bowl, mix together remaining cilantro and all the ingredients except rolls.
- Place the patties the onion rolls and serve with a topping of salsa.

Servings per Recipe: 4

Timing Information:

Preparation	30 m
Cooking	10 m
Total Time	40 m

Nutritional Information:

Calories	503 kcal
Fat	24.6 g
Carbohydrates	42.3g
Protein	28 g
Cholesterol	71 mg
Sodium	593 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle & Sherry Marinated Steak

Ingredients

- 1 C. Holland House(R) Sherry Cooking Wine
- 1 C. tomato puree or crushed tomatoes
- 3 canned chipotle chilis in adobo sauce, or more if desired
- 4 large garlic cloves
- 1/2 small yellow onion
- 1 tbsp brown sugar
- 1 tbsp vegetable oil or olive oil
- 2 tsps ground cumin
- 1/2 tsp salt
- 1 (2 pound) skirt steak or flank steak

Directions

- In a blender, add all the ingredients except steak and pulse till smooth.
- Trim off the fats of the steak and arrange in a non-metallic baking dish or sealable bag with marinade.
- Coat the steak with marinade generously. (If using the sealable bag then seal it and shake well so that the steak gets coated with marinade completely.
- Refrigerate, covered for about 8 hours, flipping twice.
- Set your grill to medium-high heat and lightly, grease the grill grate.
- Remove the brisket from the refrigerator and discard the marinade.
- Cook, covered on the grill for about 6 minutes over direct heat.
- Carefully, flip the side and cook, covered on the grill for about 2 minutes or till the desired doneness.
- With a sharp knife, cut the steaks into the desired slices.
- Serve with warm corn tortillas if you like.

Servings per Recipe: 6

Timing Information:

Preparation	8 m
Cooking	8 h 8 m
Total Time	8 h 16 m

Nutritional Information:

Calories	251 kcal
Fat	8.8 g
Carbohydrates	11g
Protein	19.3 g
Cholesterol	34 mg
Sodium	683 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Curried Chipotle Beef Skewers

Ingredients

- 1/4 C. soy sauce
- 2 tbsps white vinegar
- 2 tbsps peanut oil
- 1 tbsp chipotle chili powder
- 1/2 tbsp red curry powder
- 3/4 tsp sea salt
- 1 pound lean beef sirloin tip, sliced into 1/8 inch strips
- 1 C. peanut satay sauce (such as A Taste of Thai(TM) Peanut Satay Sauce)

Directions

- In a bowl, add all the ingredients except beef and satay sauce and beat till well combined.
- Add beef strips and coat with marinade evenly and refrigerate, covered for at least 30 minutes.
- Set the broiler of your oven.
- Thread the beef strips onto skewers.
- In a small pan, add peanut satay sauce and bring to a boil and cook for a few minutes.
- Cook the skewers under the broiler for about 10 minutes, flipping and coating with hot sauce occasionally.

Servings per Recipe: 16

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	101 kcal
Fat	6.6 g
Carbohydrates	5g
Protein	5.4 g
Cholesterol	15 mg
Sodium	409 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Citrus Asada Fajitas

Ingredients

- 2 oranges, juiced
- 1 tbsp ground cumin
- 1 chipotle chili pepper, minced
- 1/2 tsp sea salt
- 1 pound skirt steak

Directions

- In a bowl, add all the ingredients except steak and beat till well combined.
- In a sealable bag add steak with marinade and seal it and shake well that steak gets coated with marinade completely.
- Refrigerate, covered for about 24 hours.
- Set your outdoor grill to medium-high heat and lightly, grease the grill grate.
- Remove the brisket from the refrigerator and discard the marinade.
- Cook on the grill for about 3-4 minutes on both sides or till desired doneness.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	1 d 20 m

Nutritional Information:

Calories	155 kcal
Fat	8.6 g
Carbohydrates	5.1g
Protein	13.9 g
Cholesterol	36 mg
Sodium	258 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Chipotle Steaks

Ingredients

- 1 lime, juiced
- 1 tbsp minced garlic
- 1 tsp dried oregano
- 1 tsp ground cumin
- 2 tbsps finely chopped canned chipotle peppers in adobo sauce
- adobo sauce from canned chipotle peppers to taste
- 4 (8 oz.) beef sirloin steaks
- salt and pepper to taste

Directions

- In a bowl, add all the ingredients except steaks, salt and black pepper and beat till well combined.
- With a sharp knife, pierce both sides of the steaks and season with salt and black pepper.
- Arrange the steaks in a glass baking dish with marinade and coat them generously.
- Refrigerate, covered for about 1-2 hours.
- Set your grill to high heat and lightly, grease the grill grate.
- Remove the steaks from the refrigerator and discard the marinade.
- Cook on the grill for about 6 minutes on both sides or till desired doneness.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	12 m
Total Time	2 h 30 m

Nutritional Information:

Calories	342 kcal
Fat	18.8 g
Carbohydrates	3.7g
Protein	37.6 g
Cholesterol	120 mg
Sodium	429 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Cheesy Chipotle Tuna

Ingredients

- 2 (7 oz.) packages chunk light tuna in water, drained and flaked
- 1/3 C. ranch dressing
- 1/2 tsp Dijon mustard
- 1 tbsp grated Parmesan cheese
- 4 chipotle peppers in adobo sauce, chopped
- 1/4 C. green onions, chopped
- salt to taste (optional)

Directions

- In a large bowl, add all the ingredients except tuna and salt and mix till well combined.
- Gently, fold in tuna and salt.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	229 kcal
Fat	11.8 g
Carbohydrates	2.4g
Protein	26.2 g
Cholesterol	36 mg
Sodium	340 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Creme Fraiche

Ingredients

- 2 (8 oz.) containers creme fraiche
- 2 chipotle peppers in adobo sauce, or more to taste, minced

Directions

- Stir creme fraiche and chipotle peppers together in a bowl.

Servings per Recipe: 16

Timing Information:

Preparation	5 m
Cooking	5 m
Total Time	10 m

Nutritional Information:

Calories	101 kcal
Fat	11 g
Carbohydrates	1.1g
Protein	1 g
Cholesterol	40 mg
Sodium	18 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Tomatoes & Bacon Quesadillas

Ingredients

- 8 (8 inch) flour tortillas
- 2 C. shredded Mexican blend cheese
- 1 (10 oz.) can Diced Tomatoes with Chipotle
- 8 slices bacon, cooked and crumbled
- 1/2 C. chopped fresh basil
- 2 tbsps vegetable oil
- Sour cream

Directions

- Place the tortillas onto a smooth surface and place layers of Mexican blend cheese, tomatoes, bacon and basil and roll them to form a half circle.
- Cook each quesadilla in a pre-heated greased skillet on medium-high heat for about 1 1/2 minutes per side or till the tortillas become golden brown.
- Cut each quesadilla into 4 portions and serve alongside sour cream.

Servings per Recipe: 8

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	366 kcal
Fat	20.2 g
Carbohydrates	31.1g
Protein	14.2 g
Cholesterol	38 mg
Sodium	733 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Bacon & Turkey Panini Sandwiches with Chipotle Mayo

Ingredients

- 8 slices bacon
- 1 tbsp butter
- 2 cloves garlic, minced
- 1/2 red onion, thinly sliced
- 3 C. fresh spinach leaves
- 1/2 C. reduced-fat mayonnaise
- 2 chipotle peppers in adobo sauce, minced
- 1 tsp adobo sauce from chipotle peppers
- 8 (4 inch) pieces focaccia bread
- 4 slices provolone cheese
- 1/2 pound sliced deli turkey meat

Directions

- Set your Panini press according to the manufacturer's directions.
- Cook the bacon in a pre-heated large deep skillet on medium-high heat for about 10 minutes, flipping occasionally.
- Transfer the bacon slices onto a paper towel lined plate.
- In another large skillet, melt the butter on medium heat and sauté the onion and garlic for about 10 minutes.
- Stir in the spinach and cook for about 3 minutes or till wilted.
- In a small bowl, add the minced chipotle peppers, adobo sauce and mayonnaise and mix till well combined.
- Spread the chipotle mayo over 4 slices of bread evenly, followed by cheese slices, turkey meat, 2 bacon slices and the spinach mixture.
- Cover with the remaining slices to make sandwiches and cook in the Panini for about 5 minutes or according to your manufacturer's directions.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	40 m

Nutritional Information:

Calories	699 kcal
Fat	33.2 g
Carbohydrates	65.1g
Protein	34.5 g
Cholesterol	81 mg
Sodium	2276 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Cheesy Bacon Pancakes with Chipotle Maple Syrup

Ingredients

- 8 oz. bacon, chopped
- 1/2 C. thinly sliced green onions
- 1 1/4 C. all-purpose flour
- 3/4 C. cornmeal
- 1 tbsp baking powder
- 3/4 tsp salt
- 1 pinch ground black pepper
- 1 pinch cayenne pepper
- 1 1/3 C. milk
- 2 oz. sharp Cheddar cheese, grated
- 2 large eggs, beaten
- 2 tbsps butter, melted
- 1 tbsp white sugar
- 1 C. warm maple syrup, or to taste
- 1/8 tsp chipotle chili powder, or to taste
- 1 tsp vegetable oil
- 1 tsp butter

Directions

- Heat a large skillet on medium-high heat and cook the beef for about 10 minutes or till browned completely.
- Add green onion and sauté for about 1-2 minutes and transfer the mixture into a strainer, placed on a bowl to drain the drippings in it.
- In a large bowl, mix together cornmeal, flour, baking powder, cayenne pepper, salt and black pepper.
- Add the bacon mixture, sugar, eggs, cheddar cheese, milk and melted butter and mix till smooth and keep aside for 10 minutes.

- In a small bowl, add chipotle powder and maple syrup and beat till well combined.
- In a griddle, heat the remaining butter, oil and 1 tsp of bacon dripping on medium-high heat.
- Add 1/4 C. of the mixture and cook for about 3-4 minutes.
- Carefully, flip the mix and cook for about 2-3 minutes or till browned.
- Repeat with the remaining mixture.
- Serve these pancakes with chipotle maple syrup.

Servings per Recipe: 6

Timing Information:

Preparation	15 m
Cooking	20 m
Total Time	45 m

Nutritional Information:

Calories	502 kcal
Fat	17.2 g
Carbohydrates	73.3g
Protein	15 g
Cholesterol	102 mg
Sodium	968 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Beef & Corn Pie

Ingredients

- cooking spray
- 2 pounds ground beef
- 2 C. diced poblano peppers
- 1 tsp salt
- 1 (16 oz.) jar salsa
- 1/2 tsp dried oregano
- 1 tsp ground dried chipotle pepper
- 2 (8.5 oz.) boxes dry corn muffin mix (such as Jiffy(R))
- 2 eggs
- 2/3 C. milk, divided
- 4 oz. shredded Cheddar cheese, divided
- 4 oz. shredded Monterey Jack cheese, divided
- 8 oz. frozen corn, thawed

Directions

- Set your oven to 350 degrees F before doing anything else and grease a 13x9-inch casserole dish.
- Heat a Dutch oven on medium-high heat and cook the beef for about 5 minutes or till browned.
- Reduce the heat to medium and stir in salsa, poblano peppers, oregano, chipotle powder and salt.
- Cook for about 10 minutes or till crumbly.
- In a large bowl, add 1 box of the corn muffin mix, 1/3 C. of milk and 1 egg and beat till well combined and transfer into prepared casserole dish evenly.
- In another large bowl, add the remaining muffin box, 1/3 C. of milk, 1 egg and 1/2 of each Monterey Jack and cheddar cheese and beat till well combined.
- Place the corn over the 1st layer of muffin mixture evenly and top

with cheese mixture, about 1/2-inch away from the edges.

- Cook in the oven for about 50-60 minutes or till top becomes golden brown.

Servings per Recipe: 8

Timing Information:

Preparation	20 m
Cooking	1 h 10 m
Total Time	1 h 30 m

Nutritional Information:

Calories	640 kcal
Fat	31.8 g
Carbohydrates	54.3g
Protein	34.7 g
Cholesterol	146 mg
Sodium	1556 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Veggies & Black-Eyed Peas

Ingredients

- 2 tbsps olive oil
- 1 tbsp balsamic vinegar
- 1 C. chopped orange bell pepper
- 1 C. chopped celery
- 1 C. chopped carrot
- 1 C. chopped onion
- 1 tsp minced garlic
- 2 (16 oz.) packages dry black-eyed peas
- 4 C. water
- 4 tsps vegetable bouillon base (such as Better Than Bouillon(R) Vegetable Base)
- 1 (7 oz.) can chipotle peppers in adobo sauce, chopped, sauce reserved
- 2 tsps liquid mesquite smoke flavoring
- 2 tsps ground cumin
- 1/2 tsp ground black pepper

Directions

- In a skillet, heat the vinegar and oil and sauté the onion, celery, bell pepper and carrot for about 5-8 minutes.
- In a slow cooker, transfer the vegetable mixture with the remaining ingredients and stir to combine.
- Set the slow cooker to Low and cook, covered for about 8 hours.

Servings per Recipe: 20

Timing Information:

Preparation	20 m
Cooking	8 h
Total Time	8 h 20 m

Nutritional Information:

Calories	165 kcal
Fat	2.7 g
Carbohydrates	26.9g
Protein	9.2 g
Cholesterol	0 mg
Sodium	170 mg

* Percent Daily Values are based on a 2,000 calorie diet.


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Roasted Veggie Salad with Chipotle Dressing

Ingredients

- olive oil cooking spray
- 1 pound carrots - peeled and cut into 1/2-inch pieces
- 1 onion, cut into 1/2-inch pieces
- 1 pound beets - peeled and cut into 1/2-inch pieces
- 1 tbsp honey
- 1/4 tsp ground dried chipotle pepper
- 1 tsp Dijon mustard
- 1 tbsp olive oil
- 1/2 C. brewed black tea
- 2 tsps apple cider vinegar
- 1/8 tsp sea salt
- 5 C. arugula
- 2 1/2 oz. crumbled goat cheese

Directions

- Set your oven to 450 degrees F before doing anything else and grease a 13x9-inch roasting pan.
- Arrange the onion and carrots on one side of the prepared roasting pan and beets on the other side and drizzle with some cooking spray.
- With a large piece of foil, cover the pan and cook everything in the oven for about 20 minutes.
- Uncover the pan and cook in the oven for about 20 minutes more or till tender and browned.
- For the dressing in a bowl, add the remaining ingredients except arugula and cheese and beat till well combined.
- In a large bowl, mix together roasted veggies and dressing and toss to coat well.

- Divide the arugula in serving plates evenly and top with salad.
- Garnish with the goat cheese and serve.

Servings per Recipe: 5

Timing Information:

Preparation	20 m
Cooking	40 m
Total Time	1 h

Nutritional Information:

Calories	190 kcal
Fat	7.5 g
Carbohydrates	26.5g
Protein	6.4 g
Cholesterol	11 mg
Sodium	284 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Coleslaw I

Ingredients

- 1 head green cabbage, shredded
- 1 onion, chopped
- 2 carrots, shredded
- 2 jalapeno chili peppers, chopped
- 1 egg
- 1 small lemon, juiced
- 1 tbsp white vinegar
- 1/4 tsp salt
- 1 C. vegetable oil
- 2 tbsps prepared mustard
- 2 tbsps white sugar
- 1 tbsp cider vinegar
- 1/2 tsp ground chipotle chili pepper
- 1/2 tsp celery salt

Directions

- In a large bowl, mix together the carrots, cabbage, onion and jalapeno peppers.
- For the Mayonnaise, in a food processor, add egg, lemon juice white vinegar and salt and pulse till smooth.
- While the motor is running slowly, add the oil and pulse till smooth and thick and transfer into a large bowl.
- Add all the dressing ingredients and mix till well combined.
- Pour dressing over salad and stir till well combined.
- Cover and refrigerate to chill for at least 2 hours before serving.

Servings per Recipe: 25

Timing Information:

Preparation	30 m
Cooking	2 h 30 m
Total Time	30 m

Nutritional Information:

Calories	101 kcal
Fat	9 g
Carbohydrates	4.8g
Protein	1 g
Cholesterol	7 mg
Sodium	82 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Creamy Pumpkin Soup

Ingredients

- 2 tbsps butter
- 2 tbsps all-purpose flour
- 4 C. vegetable stock
- 1 (29 oz.) can pumpkin puree
- 2 chipotle peppers in adobo sauce, minced
- 1 1/2 C. half-and-half cream
- 2 tbsps sofrito
- 1 tbsp Worcestershire sauce
- 1 tsp salt
- 1 tsp paprika

Directions

- In a large pan, melt the butter on medium heat and cook the flour stirring continuously for about 3 minutes or till it becomes golden brown.
- Slowly, add the broth, stirring continuously and bring to a boil on high heat.
- Slowly, add the pumpkin puree, stirring continuously and then stir in the half-and-half, Worcestershire sauce, sofrito, chipotle peppers, salt and paprika and bring to a gentle simmer.
- Reduce the heat to medium-low and simmer, stirring occasionally for about 8 minutes or till thickens.

Servings per Recipe: 8

Timing Information:

Preparation	10 m
Cooking	20 m
Total Time	30 m

Nutritional Information:

Calories	145 kcal
Fat	9.5 g
Carbohydrates	13.3g
Protein	3.4 g
Cholesterol	24 mg
Sodium	790 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Cheesy Chipotle Mashed Potatoes

Ingredients

- 2 pounds potatoes, peeled and cubed
- 1 tsp ground black pepper
- 1 tbsp salt
- 2 tbsps softened butter
- 2 chipotle peppers in adobo sauce, minced
- 2 cloves garlic, minced
- 1/4 C. shredded Cheddar cheese
- 1/4 C. shredded white Cheddar cheese
- 1/4 C. reduced-fat mayonnaise
- 1/4 C. heavy cream
- 1/4 C. chopped fresh cilantro

Directions

- In a pan of salted boiling water, cook, the potatoes, covered on medium-low heat for about 20 minutes or till tender but firm.
- Drain well and again place into the same pan with chipotle peppers, garlic, butter, salt and black pepper.
- With a potato masher, mash till the mixture becomes smooth.
- Gently fold in the remaining ingredients.

Servings per Recipe: 8

Timing Information:

Preparation	10 m
Cooking	20 m
Total Time	30 m

Nutritional Information:

Calories	171 kcal
Fat	8.1 g
Carbohydrates	20.8g
Protein	4.3 g
Cholesterol	25 mg
Sodium	963 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Curried Potato & Chipotle Salsa Wraps

Ingredients

- 4 small red potatoes
- 2 tbsps olive oil
- curry paste, to taste
- 2 tbsps cream
- 4 slices Muenster cheese
- 2 (10 inch) flour tortillas
- 2 C. baby spinach, rinsed and dried
- 1/4 C. chipotle salsa, or to taste

Directions

- In a pan of salted boiling water, cook the potatoes for about 15 minutes or till tender but firm.
- Drain well and chop them after cooling.
- In a large skillet, heat the oil on medium-high heat and cook the potatoes till warm.
- Reduce the heat to low and stir in the cream and curry paste and remove it from the heat.
- Meanwhile arrange the 2 cheese slices onto each tortilla and microwave for about 15-25 seconds or till the cheese melts (Microwave each tortilla separately)
- Place the potato mixture, spinach and chipotle salsa in each tortilla evenly.
- Microwave for about 20 seconds or till the cheese melts. (Microwave each tortilla separately)
- Roll the tortillas around the filling and serve.

Servings per Recipe: 2

Timing Information:

Preparation	10 m
Cooking	25 m
Total Time	35 m

Nutritional Information:

Calories	883 kcal
Fat	41.9 g
Carbohydrates	102g
Protein	26.5 g
Cholesterol	75 mg
Sodium	986 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Creamy chipotle Yams Bake

Ingredients

- 4 large garnet yams
- 2 chipotle chilis in adobo sauce, finely chopped
- 1/4 C. softened butter
- 1/4 C. brown sugar
- 1/4 C. heavy cream, or as needed
- salt and freshly ground black pepper to taste

Directions

- Set your oven to 350 degrees F before doing anything else and lightly, grease a baking sheet.
- Arrange the yams onto the prepared baking sheet in a single layer and cook them in the oven for about 1 hour or till done completely.
- Remove everything from the oven and let it cool then peel it.
- In a bowl, add the chipotle chilies and mash them to form a paste.
- Add the cooked yams, heavy cream, butter, brown sugar, salt and black pepper and with a potato masher, mash the mixture till smooth.
- Place the yam mixture into a lightly greased shallow baking dish evenly and cook in the oven for about 20-25 minutes.

Servings per Recipe: 8

Timing Information:

Preparation	15 m
Cooking	1 h 25 m
Total Time	1 h 40 m

Nutritional Information:

Calories	370 kcal
Fat	8.9 g
Carbohydrates	69.9g
Protein	3.7 g
Cholesterol	25 mg
Sodium	130 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Cheesy Chipotle Lamb Burgers in Maple Glaze

Ingredients

- 1 head garlic
- 1 pound ground lamb
- 6 oz. soft goat cheese
- 6 tbsps minced chipotle peppers in adobo sauce
- 2 sprigs chopped fresh rosemary
- 2 tbsps maple syrup
- 1 1/2 tsps salt
- 1/2 tsp cracked black pepper
- 1 tbsp olive oil
- 2 tbsps maple syrup
- 4 ciabatta buns, split and toasted

Directions

- Set your oven to 300 degrees F before doing anything else.
- Cut the top of the garlic head and arrange it in a small baking dish and cook it in the oven for about 1 hour or till golden brown.
- Remove everything from the oven and let it cool completely.
- In a bowl, squeeze the garlic head completely.
- Add the lamb, 2 tbsps of maple syrup, goat cheese, chipotle peppers, rosemary, salt and black pepper and mix till well combined and make 4 equal sized patties from the mixture.
- In a large skillet, heat the oil on medium-high heat and cook the patties for about 1 minute per side.
- Reduce the heat to medium-low and cook the patties for about 2 minutes per side or till the desired doneness.
- Just before the last minute of cooking, add the remaining maple syrup.

- Serve these patties in the buns.

Servings per Recipe: 4

Timing Information:

Preparation	40 m
Cooking	1 h 5 m
Total Time	2 h 15 m

Nutritional Information:

Calories	609 kcal
Fat	33.7 g
Carbohydrates	42g
Protein	33.5 g
Cholesterol	110 mg
Sodium	1482 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Lemony Chipotle Bars

Ingredients

- 2 C. all-purpose flour
- 1 C. butter or margarine, chilled
- 1/2 C. confectioners' sugar
- 1/2 tsp chipotle chili powder
- 1/3 C. apricot preserves, or preserves of your choice
- 1/2 tsp chipotle chili powder
- 4 eggs
- 1 3/4 C. white sugar
- 3/8 C. lemon juice
- 1/3 C. all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/3 C. confectioners' sugar for dusting
- 1/2 tsp chipotle chili powder

Directions

- Set your oven to 350 degrees F before doing anything else and grease a 9-inch square baking pan.
- For the crust in a food processor, add 2 C. flour, 1/2 C. of confectioner's sugar, butter and 1/2 tsp of chipotle powder and pulse till a coarse crumb forms.
- Transfer the mixture into the prepared baking pan, pressing gently.
- Cook everything in the oven for about 30 minutes or till golden brown and firm.
- Remove everything from the oven and keep it aside to cool for about 20 minutes.
- Now, set your oven to 325 degrees F.
- In a small bowl, add the preserve and 1/2 tsp of chipotle powder and mix till well combined and spread on crust mixture evenly.

- In a second bowl, crack the eggs and beat till foamy.
- Add the lemon juice, sugar and salt and beat till the sugar dissolves completely.
- In a third bowl, mix together the flour and baking powder and combine it with the egg mixture till smooth.
- Spread the flour mixture onto the preserve layer evenly.
- Cook the dish in the oven for about 35-40 minutes or till the center becomes set.
- In a small bowl, sift the remaining confectioner's sugar and chipotle powder and mix.
- Sprinkle the baked lemon bars with the chipotle mixture evenly.
- Keep aside to cool completely before cutting.

Servings per Recipe: 16

Timing Information:

Preparation	30 m
Cooking	1 h 5 m
Total Time	1 h 35 m

Nutritional Information:

Calories	314 kcal
Fat	13 g
Carbohydrates	47.3g
Protein	3.7 g
Cholesterol	77 mg
Sodium	169 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Caribbean Ham

Ingredients

- 1 (7 oz.) can chipotle peppers in adobo sauce
- 2 C. firmly packed brown sugar
- 1 (20 oz.) can crushed pineapple in juice, undrained
- 1/2 tsp ground nutmeg
- 1/2 tsp ground ginger
- 2 fluid oz. bourbon whiskey
- 1 (10 pound) smoked ham
- 1/4 C. cornstarch
- 1/4 C. cold water

Directions

- In a blender, add chipotle peppers, pineapple, brown sugar, whiskey and spices and pulse till smooth and transfer into a large bowl.
- With a sharp knife, cut 1/2-inch deep and 1-inch apart cuts in the ham diagonally in diamond design.
- Add the ham in the bowl with the chipotle mixture and coat with the mixture generously.
- Cover and refrigerate to marinate for about 3-6 hours, flipping occasionally.
- Set your oven to 375 degrees F and lightly, grease a roasting pan.
- Remove the ham from the refrigerator and place into prepared roasting pan, reserving the marinade.
- Cook in the oven for about 30 minutes.
- Meanwhile in a pan, add reserved marinade on medium heat and bring to a boil.
- In a bowl, mix together water and cornstarch and add into pan with marinade, stirring continuously.
- Reduce the heat to low and cook, stirring continuously for about 5 minutes or till it becomes thick.

- Remove the roasting pan from the oven and brush the ham with the hot marinade mixture evenly.
- Cook in the oven for about 1 1/2 hours, brushing with marinade after every 30 minutes.

Servings per Recipe: 20

Timing Information:

Preparation	15 m
Cooking	1 h 30 m
Total Time	4 h 45 m

Nutritional Information:

Calories	677 kcal
Fat	42.3 g
Carbohydrates	28.3g
Protein	42.1 g
Cholesterol	127 mg
Sodium	2966 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Hot Chipotle Peach Salsa

Ingredients

- 1 C. sliced canned peaches, drained and chopped
- 1/3 C. chopped red onion
- 2 cloves garlic, minced
- 1 1/2 tsps minced fresh ginger root
- 2 tsps minced chipotle peppers in adobo sauce
- 1/3 C. chopped fresh cilantro
- 1/2 lime, juiced
- salt and pepper to taste

Directions

- In a large bowl, add all the ingredients and mix till well combined.
- Refrigerate to chill before serving.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	41 kcal
Fat	0.1 g
Carbohydrates	10.3g
Protein	0.8 g
Cholesterol	0 mg
Sodium	17 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Tilapia with Creamy Sauce

Ingredients

- 1 canned chipotle pepper in adobo sauce
- 2 tbsps adobo sauce from the can
- 1/4 C. salsa
- 1 tbsp lime juice
- 4 tilapia fillets
- 1/2 (8 oz.) package tortilla chips, crushed
- 1 small avocado - peeled, pitted, and cut into large chunks
- 1/4 C. sour cream
- 1 tbsp lime juice
- 3 tbsps milk
- salt and pepper to taste

Directions

- Set your oven to 375 degrees F before doing anything else and grease a baking sheet.
- In a blender, add the salsa, chipotle pepper, adobo sauce and 1 tbsp of lime juice and pulse till smooth and transfer into a large bowl.
- Add the tilapia fillets and coat it with the mixture generously.
- In a shallow dish, place the crushed tortilla chips.
- Roll the tilapia fillets in the tortilla chips evenly and place into the prepared baking sheet in a single layer.
- Cook in the oven for about 15 minutes.
- Carefully, flip the side and drizzle with a little cooking spray and cook in the oven for about 10-15 minutes.
- Meanwhile in a bowl, add the sour cream, avocado and remaining lime juice and with a fork, mash till well combined.
- Gradually, add milk, mixing continuously till smooth.
- Stir in salt and black pepper and place the sauce over tilapia fillets before serving.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	30 m
Total Time	45 m

Nutritional Information:

Calories	367 kcal
Fat	17.8 g
Carbohydrates	25.8g
Protein	27.1 g
Cholesterol	49 mg
Sodium	355 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Rice

Ingredients

- 4 C. water
- 2 C. brown rice
- 1 lime, juiced
- 1 tsp minced garlic
- 1 tsp extra-virgin olive oil
- 1 tsp sea salt
- 1/2 C. chopped fresh cilantro

Directions

- In a pan, add the rice and water and bring to a boil and reduce the heat to low.
- Simmer, covered for about 30-45 minutes or till all the water is absorbed.
- Place the rice into a bowl and keep aside for about 5-7 minutes to cool.
- Add the remaining ingredients and stir to combine.

Servings per Recipe: 4

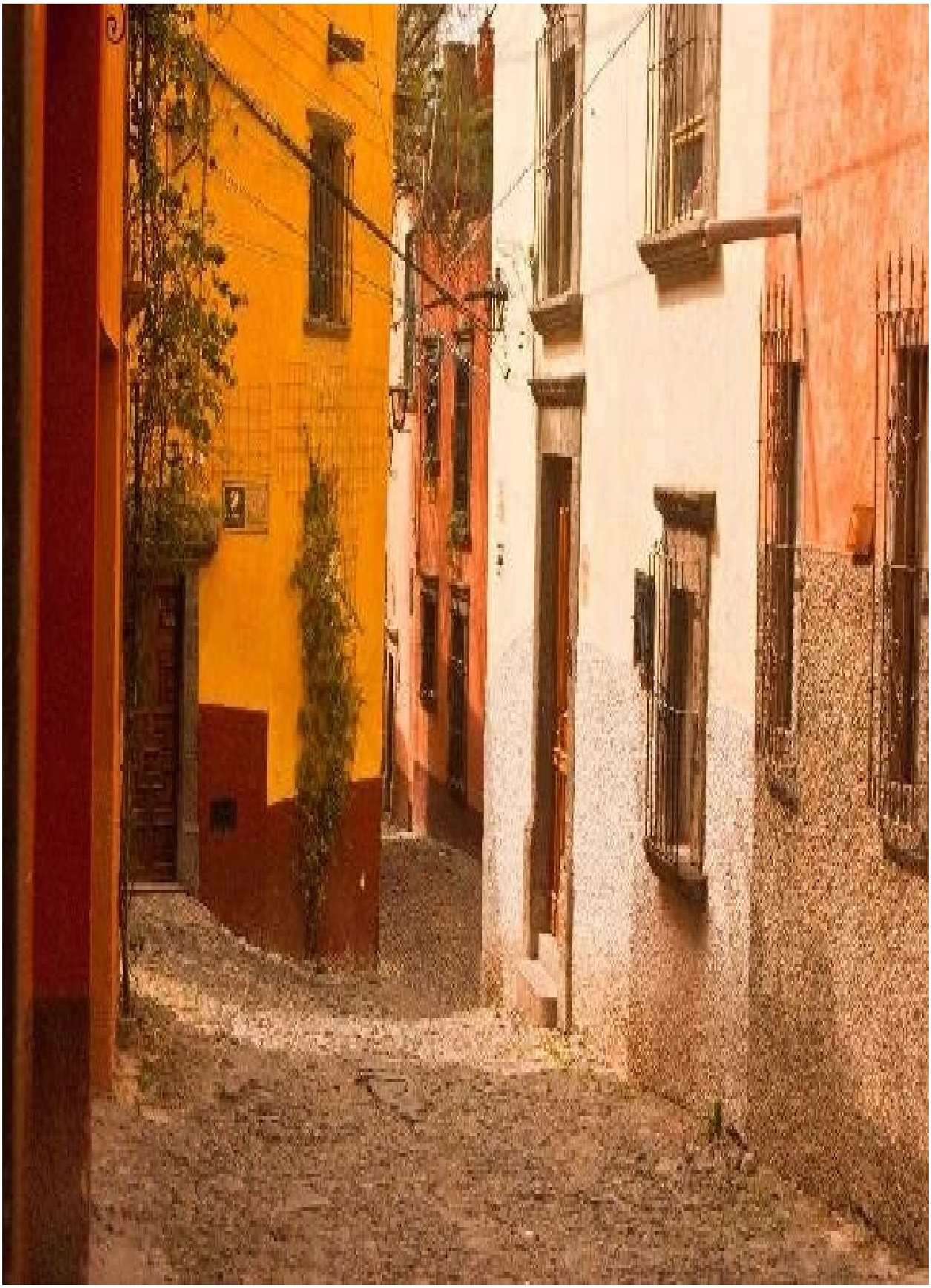
Timing Information:

Preparation	10 m
Cooking	30 m
Total Time	45 m

Nutritional Information:

Calories	359 kcal
Fat	3.8 g
Carbohydrates	73.6g
Protein	7.3 g
Cholesterol	0 mg
Sodium	454 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Chipotle Corn Salsa

Ingredients

- cooking spray
- 2 C. frozen corn
- 2 vine-ripened tomatoes, cut into 1/2 inch pieces
- 1 small red onion, diced
- 3/4 C. diced red bell pepper
- 2 jalapeno peppers - seeds removed and reserved, flesh minced
- 2 tsps finely chopped canned chipotle pepper
- 4 tbsps fresh lime juice
- 1 tbsp olive oil
- 1/4 C. chopped fresh cilantro
- salt to taste

Directions

- Heat a lightly greased large skillet on medium-high heat.
- Cook the corn till browned, stirring occasionally and transfer into a large bowl.
- Add the remaining the ingredients and stir to combine and serve.

Servings per Recipe: 20

Timing Information:

Preparation	15 m
Cooking	10 m
Total Time	25 m

Nutritional Information:

Calories	28 kcal
Fat	0.9 g
Carbohydrates	5.1g
Protein	0.8 g
Cholesterol	0 mg
Sodium	4 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Bacon & Shrimp Tortillas

Ingredients

- 1 (12 oz.) package bacon, cut into small pieces
- 1/2 onion, diced
- 2 pounds large cooked shrimp - peeled, deveined, and cut in half
- 3 chipotle peppers in adobo sauce, minced
- 12 corn tortillas
- 1 C. chopped fresh cilantro
- 1 lime, juiced
- salt to taste (optional)

Directions

- Heat a large deep skillet on medium-high heat and cook bacon till browned.
- Drain the excess bacon fat and sauté the onion with bacon for about 5 minutes.
- Stir in the chipotle chilies and shrimp and cook for about 4 minutes or till heated completely.
- Heat a nonstick skillet on medium-high heat and heat the tortillas for about 10-15 seconds per side.
- Place the shrimp mixture in each tortilla evenly and drizzle with lime juice.
- Serve with a sprinkling of salt and cilantro.

Servings per Recipe: 6

Timing Information:

Preparation	15 m
Cooking	15 m
Total Time	30 m

Nutritional Information:

Calories	377 kcal
Fat	11.1 g
Carbohydrates	26.2g
Protein	41.9 g
Cholesterol	316 mg
Sodium	1830 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Beef Brisket in Chipotle Gravy

Ingredients

- 2 (11 oz.) cans whole tomatillos, drained
- 1 (7 oz.) can chipotle peppers in adobo sauce
- 1 (8 oz.) can tomato sauce
- 1 C. water
- 2 tsps salt
- 1 tsp brown sugar
- 2 tbsps olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 1 (3 pound) beef brisket

Directions

- In a food processor, add chipotle peppers, tomatillos, tomato sauce, brown sugar, water and salt and pulse till smooth.
- In a pressure cooker, heat oil on medium heat and sauté the onion and garlic for about 3 minutes.
- Add the brisket and sear on both sides.
- Stir in the chipotle mixture and bring to a boil.
- Cover the pressure cooker with a lid and bring to medium pressure on high heat.
- Reduce the heat to low and cook on medium pressure for about 1 hour and 15 minutes.
- Turn off the heat and release the pressure by the method of natural release.
- Serve the brisket with the pan sauce.

Servings per Recipe: 6

Timing Information:

Preparation	15 m
Cooking	1 h 15 m
Total Time	1 h 45 m

Nutritional Information:

Calories	809 kcal
Fat	65.4 g
Carbohydrates	112.9g
Protein	39.6 g
Cholesterol	164 mg
Sodium	1593 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Meatballs with Spaghetti

Ingredients

- 2 pounds ground beef
- 1 (7 oz.) can minced chipotle peppers in adobo sauce, or to taste
- 1 bunch green onions, minced
- 1/4 C. bread crumbs
- 1 1/2 tsps garlic powder, or to taste
- 1 1/2 tsps salt, or to taste
- 1 1/2 tsps ground black pepper, or to taste
- 1 (16 oz.) package spaghetti
- 1 (15 oz.) can spaghetti sauce
- 1/4 C. grated Parmesan cheese

Directions

- Set your oven to 350 degrees F before doing anything else and lightly, grease a baking sheet.
- In a large bowl, add the beef, breadcrumbs, green onion, chipotle peppers with adobo, garlic powder, salt and black pepper and mix till well combined.
- Make small sized balls from the beef mixture and place onto the prepared baking sheet in a single layer.
- Cook in the oven for about 30 minutes to till done completely.
- Meanwhile in a large pan of lightly salted boiling water, cook the spaghetti for about 12 minutes or till the desired doneness and drain well.
- In a large pan, cook the spaghetti sauce on medium heat for about 5-7 minutes.
- Stir in the meatballs and place the mixture over the cooked spaghetti and serve with a garnishing of cheese.

Servings per Recipe: 6

Timing Information:

Preparation	20 m
Cooking	40 m
Total Time	1 h

Nutritional Information:

Calories	662 kcal
Fat	23.2 g
Carbohydrates	71.8g
Protein	38.4 g
Cholesterol	99 mg
Sodium	1199 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Coleslaw II

Ingredients

- 1 dried chipotle chili pepper
- 1/2 C. boiling water
- 1/2 C. frozen pineapple juice concentrate
- 1/2 C. olive oil
- 6 cloves garlic, minced
- 2 limes, zested and juiced
- 1/4 C. cumin seeds
- 1 small fresh pineapple - peeled, cored, and cut into chunks
- 1/2 head green cabbage, cored and shredded
- 1/2 head red cabbage, cored and shredded
- 1/2 C. chopped cilantro
- 2 red bell peppers, seeded and cut into strips
- salt and ground black pepper to taste

Directions

- Add the chipotle peppers in a small pre-heated skillet on medium heat and toast, for about 3-5 minutes, shaking the skillet occasionally.
- With a scissor, cut the peppers and discard the seeds and the stems and place into a small bowl of boiling water.
- With plastic wrap, cover the bowl and keep aside for at least 5 minutes.
- Drain the peppers well and then mince and transfer into a bowl.
- For the dressing in another large bowl, mix together pineapple concentrate, garlic, lime zest, lime juice and olive oil.
- Again, heat the small skillet on medium heat and toast the cumin seeds for about 1-2 minutes.
- Add the cumin seeds and chipotle peppers into the bowl with pineapple concentrate mixture and stir to combine well.

- In a large serving bowl, add the remaining ingredients and dressing and toss to coat well.
- Refrigerate, covered, stirring occasionally for at least 1 hour before serving.

Servings per Recipe: 12

Timing Information:

Preparation	20 m
Cooking	5 m
Total Time	1 h 30 m

Nutritional Information:

Calories	154 kcal
Fat	9.7 g
Carbohydrates	17.2g
Protein	2.2 g
Cholesterol	0 mg
Sodium	25 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Pressure Cooker Beans

Ingredients

- 1 pound dry pinto beans, sorted and rinsed
- 8 C. water
- 1 tbsp olive oil
- 1 tbsp salt
- 1 sprig fresh marjoram
- Accompaniments:
- Diced white or red onion
- Hot pepper sauce
- Chopped pickled jalapeno slices
- Arugula leaves, cilantro, or slivered cabbage
- Diced avocado
- Lime wedges
- Crumbled feta cheese

Directions

- In a pressure cooker, add the water, beans, oil, marjoram (optional) and salt and bring to a boil.
- Cover the pressure cooker with the lid of another pan and remove from heat and keep aside for about 1-3 hours.
- Now, cover the pressure cooker with its own lid and bring to full pressure on the high heat.
- Reduce the heat to low and cook on full pressure for about 12 minutes.
- Turn off the heat and release the pressure by the method of natural release.
- Serve the beans mixture in serving bowls with a drizzling of olive oil and with the accompaniment of your desired topping.

Servings per Recipe: 4

Timing Information:

Preparation	25 m
Cooking	40 m
Total Time	2 h

Nutritional Information:

Calories	448 kcal
Fat	6.7 g
Carbohydrates	72.6g
Protein	25 g
Cholesterol	2 mg
Sodium	1908 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 2: Southwest

New Mexican Stew

Ingredients

- 2 lb. ground beef
- 1 onion, chopped
- 1 (14.5 oz.) can peeled and diced tomatoes
- 1 (15 oz.) can pinto beans, drained and rinsed
- 1 (15.25 oz.) can whole kernel corn, drained
- 4 potatoes, cubed
- 1 C. medium salsa
- 2 C. water
- 1 tsp ground cumin
- salt to taste
- ground black pepper to taste
- 1/2 tsp garlic powder
- 1/2 C. shredded Cheddar cheese

Directions

- Place a large pot on low to medium heat. Greased with a cooking spray or oil then cook in it the beef with onion for 8 min.
- Stir in the remaining ingredients then season them with some salt and pepper. Put on the lid and cook them on low heat for 45 min.
- Adjust the seasoning of the stew. Serve it warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	5 m
Cooking	55 m
Total Time	1 h

Nutritional Information:

Calories	564 kcal
Fat	33.5 g
Carbohydrates	39.6g
Protein	27.1 g
Cholesterol	104 mg
Sodium	671 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Southern Chili

Ingredients

- 1 tbsp vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10 oz.) can diced tomatoes with green chili peppers
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (8.75 oz.) can whole kernel corn, drained
- 1 pinch ground cumin

Directions

- Place a large skillet on medium to high heat. Add the chicken and cook it for 4 min on each side.
- Stir in the tomatoes with green chili peppers, beans and corn, cumin, salt and pepper. Simmer the stew for 28 min.
- Serve your stew warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 m
Cooking	30 m
Total Time	1 h

Nutritional Information:

Calories	310 kcal
Fat	6.4 g
Carbohydrates	27.9g
Protein	35 g
Cholesterol	68 mg
Sodium	863 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Spanish Spaghetti

Ingredients

- 2 tsps butter
- 1 lb. bulk sausage
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 garlic clove, minced
- 1 tsp dried oregano
- 1 tbsp chili powder
- 1 tsp ground cumin
- 2 (15 oz.) cans tomato sauce
- 1 lb. spaghetti
- 2 eggs
- 1 C. milk
- 1 C. shredded Monterey Jack cheese
- 1 C. shredded sharp Cheddar cheese

Directions

- Before you do anything set the oven to 350 F. Coat a casserole dish with butter.
- Place a large skillet on medium heat.
- Add the onion with bell pepper, garlic and sausages then cook them for 8 min.
- Add the cumin with oregano and chili powder then coo them for 5 min.
- Stir in the sauce and cook them for 10 min. Cook the spaghetti according to the directions on the package.
- Get a mixing bowl: add the milk with eggs and mix them. Add the spaghetti and stir them well.
- Lay the spaghetti mix in the casserole then top it with the cooked sausage mix followed by the shredded cheese.

- Cook the spaghetti casserole in the oven for 15 min.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	15 m
Cooking	45 m
Total Time	1 h

Nutritional Information:

Calories	551 kcal
Fat	25.4 g
Carbohydrates	54.5g
Protein	26.7 g
Cholesterol	112 mg
Sodium	1273 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chili Tortellini

Ingredients

- 9 oz. cheese-filled tortellini
- 1 1/2 C. spaghetti sauce
- 1 (4 oz.) can diced green chilis
- 1 tbsp chopped fresh cilantro
- 1/8 tsp ground cumin
- 1 C. shredded mozzarella cheese

Directions

- Cook the tortellini according to the directions on the package.
- Place a large pot on low to medium heat. Add the sauce, green chilies, cilantro and cumin then cook them for 5 min.
- Serve the tortellini then top it with the sauce and cheese.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 m
Cooking	15 m
Total Time	20 m

Nutritional Information:

Calories	300 kcal
Fat	11.8 g
Carbohydrates	34.7g
Protein	14.6 g
Cholesterol	34 mg
Sodium	1086 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Corn Ranch Casserole

Ingredients

- 4 eggs
- 1 C. milk
- 1 (15 oz.) can ranch-style beans, drained
- 1 (14.75 oz.) can cream-style corn
- 1 C. shredded Cheddar cheese
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp dried oregano
- salt and pepper to taste
- 1 dash hot pepper sauce, or to taste
- 1 (1 lb.) loaf day-old bread, torn into small pieces

Directions

- Before you do anything set the oven to 350 F.
- Get a mixing bowl: add the milk with eggs and mix them. Add the beans with corn and Cheddar cheese, cumin, paprika, oregano, salt, pepper and hot sauce then combine them completely.
- Stir in the bread until soaks the liquid then place it aside for 20 min. Stir in the mix again then transfer it to the greased casserole.
- Cook in the oven for 45 min.
- Serve it warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	25 m
Cooking	45 m
Total Time	1 h 10 m

Nutritional Information:

Calories	355 kcal
Fat	11 g
Carbohydrates	47.9g
Protein	16.6 g
Cholesterol	114 mg
Sodium	946 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Maria's Chili

Ingredients

- 1 tbsp vegetable oil
- 4 (4 oz.) skinless, boneless chicken breast halves, cut into cubes
- 4 tsps chili powder
- 2 tsps ground cumin
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 (10.75 oz.) can Campbell's(R) Condensed Cream of Chicken Soup (Regular or Fat Free)
- 3/4 C. water
- 1 1/2 C. frozen whole kernel corn
- 2 (15 oz.) cans white kidney beans (cannellini), rinsed and drained
- 2 tbsps shredded Cheddar cheese

Directions

- Place a large saucepan on high to medium heat. Add the olive oil and heat it.
- Stir in the chicken, chili powder, cumin, onion and pepper then cook them for 8 min.
- Add the soup, water, corn and beans then bring them to a rolling boil. Put on the lid and simmer the stew for 5 min.
- Garnish the stew with some cheese then serve it warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 m
Cooking	20 m
Total Time	30 m

Nutritional Information:

Calories	323 kcal
Fat	9.4 g
Carbohydrates	36.6g
Protein	24 g
Cholesterol	46 mg
Sodium	719 mg

* Percent Daily Values are based on a 2,000 calorie diet.

South Western Salad

Ingredients

- 1/4 C. lime juice
- 1/4 C. olive oil
- 1/4 tsp salt
- 1 clove garlic, minced
- 3 tbsps chopped cilantro
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- 4 C. shredded romaine lettuce
- 4 cooked skinless, boneless chicken breast halves, cut into strips
- 1 (15 oz.) can black beans, drained and rinsed
- 1/2 small red onion, sliced into RINGS
- 1 large tomato, chopped
- 1/2 C. grated Parmesan cheese
- 6 oz. tortilla chips

Directions

- Get a small mixing bowl: Add the lime juice, olive oil, salt, garlic, cilantro, chili powder, and cumin then whisk them well.
- Get a large mixing bowl: Toss the lettuce with chicken, black beans, onion, and tomato, dressing and parmesan cheese. Serve your salad right away.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	
Cooking	15 m
Total Time	15 m

Nutritional Information:

Calories	408 kcal
Fat	23.7 g
Carbohydrates	23.2g
Protein	26.5 g
Cholesterol	62 mg
Sodium	398 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chili Apple Dressing

Ingredients

- 1 C. vegan mayonnaise, or normal mayo
- 2 tbsps water, or as needed
- 1 tbsp agave nectar, or more to taste
- 2 tsps white apple cider vinegar
- 2 tsps chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground cumin
- 2 tsps lime juice
- 1 pinch cayenne pepper

Directions

- Get a food processor: Add all the ingredients to it then blend them smooth.
- Get an airtight container: pour the dressing in the container then place it in the fridge for up to 6 days. Serve it.
- Enjoy.

Servings per Recipe: 16

Timing Information:

Preparation	
Cooking	10 m
Total Time	10 m

Nutritional Information:

Calories	74 kcal
Fat	6.8 g
Carbohydrates	3.8g
Protein	0.1 g
Cholesterol	0 mg
Sodium	53 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Fiesta Casserole

Ingredients

- 1 lb. skinless, boneless chicken breast halves
- 1/2 C. water, or as needed
- 1 large onion, chopped
- 1 red bell pepper, chopped
- 1 (15 oz.) can black beans, partially drained
- 1 (14 oz.) can whole kernel corn, drained
- 3/4 C. picante sauce
- 1 (4 oz.) can chopped green chilis
- 2 tbsps chili powder
- 1 tbsp ground cumin
- 4 (8 inch) flour tortillas
- 1 (10.75 oz.) can condensed fiesta-style nacho cheese soup
- 1 (14.5 oz.) can diced tomatoes with green chili peppers
- 1 C. shredded Mexican cheese blend

Directions

- Before you do anything set the oven to 350 F. Coat a casserole dish with grease.
- Place a large skillet on medium heat. Add the water with chicken breasts then cook it for 10 min.
- Drain the chicken and shred it then set it aside.
- Stir the bell pepper with onion into the skillet with the remaining chicken juices then cook them for 7 min.
- Add the shredded chicken with black beans, corn, picante sauce, chopped green chilis, chili powder, and cumin. Cook them for 5 min.
- Pour the chicken mix into the casserole dish. Lay on it the tortillas.
- Get a mixing bowl: Combine the soup with diced tomatoes and green chilis completely. Spread the mix on the tortilla layer then sprinkle the cheese on it.

- Cook the chicken casserole in the oven for 30 min.
- Serve it warm.
- Enjoy.

Servings per Recipe: 10

Timing Information:

Preparation	20 m
Cooking	50 m
Total Time	1 h 10 m

Nutritional Information:

Calories	279 kcal
Fat	7.7 g
Carbohydrates	35.9g
Protein	18.6 g
Cholesterol	36 mg
Sodium	1128 mg

* Percent Daily Values are based on a 2,000 calorie diet.

New Mexican Mornings

Ingredients

- 12 eggs
- 2/3 C. milk
- 1/2 tsp salt
- 2 tbsps butter
- 1 lb. bulk pork sausage, optional
- 2 tbsps minced garlic
- 1/2 red onion, diced
- 1 tomato, diced
- 1/4 C. chopped fresh cilantro
- 1 (3.5 oz.) can diced jalapenos (optional)
- 1 (1 oz.) package taco seasoning
- 1 1/2 C. shredded Cheddar cheese
- 20 (6 inch) flour tortillas

Directions

- Get a mixing bowl: Add the milk with eggs and salt then combine them completely.
- Place a large skillet on medium heat. Add the butter and heat it until it melts. Add the eggs mix and cook it scrambled for 5 min.
- Shred the scrambled eggs and place the aside to lose heat.
- Place a large greased skillet on medium heat. Add the garlic with sausages and cook them for 5 min. Stir in the onion and cook them for 4 min.
- Drain the cooked sausages from the grease then add them to the shredded eggs with tomato, cilantro, jalapeno, and taco seasoning. Combine them completely.
- Place a tortilla on a working surface then place in it some of the sausage mix. Roll the tortilla around the filling then set it aside.
- Repeat the process with the remaining ingredients. Serve your

burritos.
- Enjoy.

Servings per Recipe: 20

Timing Information:

Preparation	50 m
Cooking	15 m
Total Time	1 h 5 m

Nutritional Information:

Calories	296 kcal
Fat	18.8 g
Carbohydrates	19.4g
Protein	11.7 g
Cholesterol	140 mg
Sodium	707 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Arizona Beef Stew

Ingredients

- 6 oz. cubed beef stew meat
- 1/2 large onion, chopped
- 3 cloves garlic, minced
- 1 large zucchini, chopped
- 1 medium yellow squash, chopped
- 3 tomatoes, chopped
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp dried oregano
- 1 tsp Italian seasoning
- 1/2 tsp red pepper flakes
- 1 cooked chicken breast, cubed
- 3 C. chicken broth
- 2 tbsps cream or milk
- 1/2 (10 oz.) package frozen corn

Directions

- Place a large greased pot with oi on medium to high heat. Add the beef and brown it for 6 min.
- Add the onion, garlic, zucchini, squash, and tomatoes. Cook them for 4 min while stirring often. Add the chili powder, cumin, oregano, Italian seasoning, and red pepper flakes, chicken, broth, and cream.
- Put on the lid and cook them on low heat for 2 h.
- Once the time is up, set the heat from low to medium, add the corn and put on the lid. Cook the stew for 45 min. serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	3 h
Total Time	3 h 15 m

Nutritional Information:

Calories	271 kcal
Fat	14.1 g
Carbohydrates	19.7g
Protein	19.4 g
Cholesterol	59 mg
Sodium	67 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Chicken Salsa Tostadas

Ingredients

- 1 1/2 tbsps paprika
- 1 1/2 tsps cayenne pepper
- 1 1/2 tsps garlic powder
- 1 1/2 tsps onion powder
- 1 tsp ground black pepper
- 1 tsp ground white pepper
- 3/4 tsp ground cumin
- 3/4 tsp dried oregano
- 3/4 tsp dried thyme
- 3/4 tsp salt
- 4 skinless, boneless chicken breast halves
- 1 tbsp vegetable oil
- 4 tostada shells
- 2 C. chopped romaine lettuce
- 2 C. fresh salsa
- 2 avocados - peeled, pitted, and sliced
- 1/2 C. shredded Cheddar cheese
- 1/2 C. sliced black olives
- 1/2 C. ranch dressing

Directions

- Before you do anything set the oven to 350 F.
- Get a small mixing bowl: Combine the paprika, cayenne pepper, garlic powder, onion powder, black pepper, white pepper, cumin, oregano, thyme, and salt completely.
- Coat the chicken breasts with the seasoning mix.
- Place a large skillet on high heat. Add the oil to it and heat it. Cook the chicken in the hot oil for 5 min on each side.
- Coat a casserole dish with grease and place in it the browned chicken

breasts. Cover the casserole with a piece of foil.

- Cook the chicken breasts in the oven for 22 min. Remove the chicken breasts from the oven and allow them to rest for 5 min.
- Shred the chicken breasts or cut them into sticks.
- Fill a tostada shell with 1/2 C. of lettuce then top it with some chicken followed by some salsa, avocados, Cheddar cheese, and olives then drizzle on it some ranch dressing.
- Repeat the process with the remaining ingredients then serve your tostada shells.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Cooking	30 m
Total Time	50 m

Nutritional Information:

Calories	667 kcal
Fat	47 g
Carbohydrates	33.2g
Protein	33.9 g
Cholesterol	88 mg
Sodium	1861 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Spicy Lime Dressing

Ingredients

- 1/2 C. plain yogurt
- 1/4 C. light sour cream
- 2 tbsps ketchup
- 2 tbsps minced onion
- 1 tbsp lime juice
- 1 tbsp finely chopped cilantro
- 1 tsp ground cumin
- 1/2 tsp chili powder, or to taste
- 1/2 tsp garlic powder
- 1/4 tsp salt

Directions

- Get a mixing bowl: Add all the ingredients and combine them completely.
- Place the dressing in the fridge for 10 min. adjust the seasoning of the dressing then serve it.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	23 kcal
Fat	0.3 g
Carbohydrates	3.8g
Protein	1.5 g
Cholesterol	2 mg
Sodium	140 mg

* Percent Daily Values are based on a 2,000 calorie diet.

El Paso Salad

Ingredients

- 2 C. chilled cooked rice
- 2 C. shredded cooked chicken
- 1 large tomato, chopped
- 2 tbsps chopped fresh cilantro
- 1 bunch green onions, sliced
- 1 avocado, diced
- 1/3 C. canola oil
- 3 tbsps lime juice
- 1 tbsp lime zest
- 4 cloves garlic, minced
- 1 jalapeno pepper, minced
- 1 tsp salt
- 1 tsp ground oregano
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1 head lettuce, chopped

Directions

- Get a mixing bowl: Add the rice, chicken, tomato, cilantro, green onions, and avocado then mix them well.
- Get a small mixing bowl: Add the canola oil, lime juice, lime zest, garlic, jalapeno pepper, salt, oregano, cumin, and chili powder then combine them completely to make the vinaigrette.
- Place the vinaigrette in the fridge for 1 h.
- Add the vinaigrette to the rice salad and toss it then serve it.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	
Cooking	20 m
Total Time	1 h 20 m

Nutritional Information:

Calories	509 kcal
Fat	29.1 g
Carbohydrates	39.5g
Protein	25.6 g
Cholesterol	53 mg
Sodium	662 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Guadalupe Hidalgo Soup

Ingredients

- 1 (4 oz.) package Idahoan(R) Bacon & Cheddar Chipotle Flavored Mashed Potatoes
- 1 C. chopped onion
- 6 cloves garlic, chopped
- 1 tbsp olive oil
- 2 C. shredded chicken meat*
- 1 (15 oz.) can corn, drained
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (4 oz.) can mild green chilis, chopped
- 1 (32 oz.) carton low-chicken broth
- 2 (14.5 oz.) cans chopped tomatoes with Mexican spices
- Tortilla chips
- Chopped avocado
- Sliced black olives
- Shredded cheese
- Chopped green onions
- Sour cream
- Chopped cilantro

Directions

- Place a pot on medium to high heat and heat the olive oil in it. Add the onion with garlic and cook it for 4 min.
- Stir in the chicken, corn, beans and chilies then cook them for 3 min. Stir in the chicken broth, Idahoan(R) Bacon & Cheddar Chipotle Flavored Mashed Potatoes and tomatoes then cook them for 45 min on low heat.
- Adjust the seasoning of the soup. Place the tortilla chips in the bottom of serving bowls and crush them slightly.
- Pour the soup over them and serve them warm.

- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 m
Cooking	1 h
Total Time	1 h 40 m

Nutritional Information:

Calories	377 kcal
Fat	12.4 g
Carbohydrates	50.3g
Protein	21 g
Cholesterol	31 mg
Sodium	1278 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Quinoa Tortillas

Ingredients

- 2 C. water
- 1 C. quinoa
- 1 (16 oz.) can black beans, rinsed and drained
- 1 red bell pepper, chopped
- 1/2 C. fresh spinach leaves
- 2 tbsps barbeque sauce
- 1 tbsp chopped garlic
- 1 pinch ground cumin, or more to taste
- 1 pinch cayenne pepper, or more to taste
- 1/4 C. shredded Cheddar cheese
- 3 (12 inch) flour tortillas, warmed

Directions

- Pour the water into a large saucepan. Add the quinoa and cook it on low to medium heat for 19 min.
- Get a large saucepan bowl: Combine the black beans, red bell pepper, spinach, barbeque sauce, garlic, cumin, and cayenne pepper completely. Cook them on low heat for 8 min while stirring from time to time.
- Drain the quinoa and add it to the bean mix then combine them completely to make the filling.
- Lay the tortillas on a working surface and place the filling in them. Rolls the tortillas then serve them.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	20 m
Total Time	35 m

Nutritional Information:

Calories	588 kcal
Fat	12.3 g
Carbohydrates	96.8g
Protein	22.5 g
Cholesterol	7 mg
Sodium	1136 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Taco Steaks

Ingredients

- 1 (1.25 oz.) package McCormick(R) Gluten-Free Taco Seasoning Mix
- 1/3 C. oil
- 3 tbsps lime juice
- 1 lb. boneless beef sirloin steak, cut into 1 1/2-inch cubes
- 2 EARS corn, cut into 1-inch pieces
- 1 medium red bell pepper, cut into chunks
- 1 medium red onion, cut into thin wedges

Directions

- To make the marinade:
- Get a mixing bowl: Whisk the Seasoning Mix, oil and lime juice. Set 2 tbsps of the marinade aside.
- Get a large zip lock bag, place in it the steaks dices then pour the marinade over them and mix them.
- Place the steak marinade in the fridge for 30 min.
- Before you do anything, preheat the grill.
- Remove the steak dices from the marinade and discard it. Thread the steak dices onto the skewers while alternating between them and the veggies.
- Grill the steak skewers for 5 min while turning them every once in a while. Brush the skewers with the reserved marinade and grill them for another 5 min.
- Serve your steak skewers warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	20 m
Cooking	30 m
Total Time	1 h 20 m

Nutritional Information:

Calories	263 kcal
Fat	17 g
Carbohydrates	13.2g
Protein	14.5 g
Cholesterol	33 mg
Sodium	403 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Tucson Casserole

Ingredients

- 2 tsps olive oil
- 1 large onion, chopped
- 1 red bell pepper, chopped
- 1/4 C. sliced fresh mushrooms
- 1 tsp minced garlic
- 1 (10 oz.) can diced tomatoes with green chili peppers (such as RO*TEL(R))
- 1 (15 oz.) can black beans, drained and rinsed
- 1 C. salsa
- 2 tbsps chili powder
- 1 tsp ground cumin
- 1 pinch cayenne pepper
- salt and ground black pepper to taste
- 1 C. fresh spinach leaves, or to taste
- 4 yellow squash, cubed
- 1 (4 oz.) packet saltine crackers, crushed
- 1 C. shredded Cheddar cheese (optional)

Directions

- Before you do anything set the oven to 350 F. Grease a casserole dish.
- Place a large skillet on medium heat. Add the onion with red bell pepper, mushrooms, and garlic then cook them for 10 min.
- Stir in the tomatoes with green chili peppers, black beans, salsa, chili powder, cumin, cayenne pepper, salt, and black pepper then cook them for 5 min while stirring often.
- Add the spinach to the skillet. Put on the lid and cook them for 2 min. Spoon the mix into the casserole and sprinkle the crackers on it then cook it for 39 min in the oven.

- Sprinkle the shredded cheese then broil it in the oven for 5 min.
- Serve your crackers casserole warm.
- Enjoy.

Servings per Recipe: 6

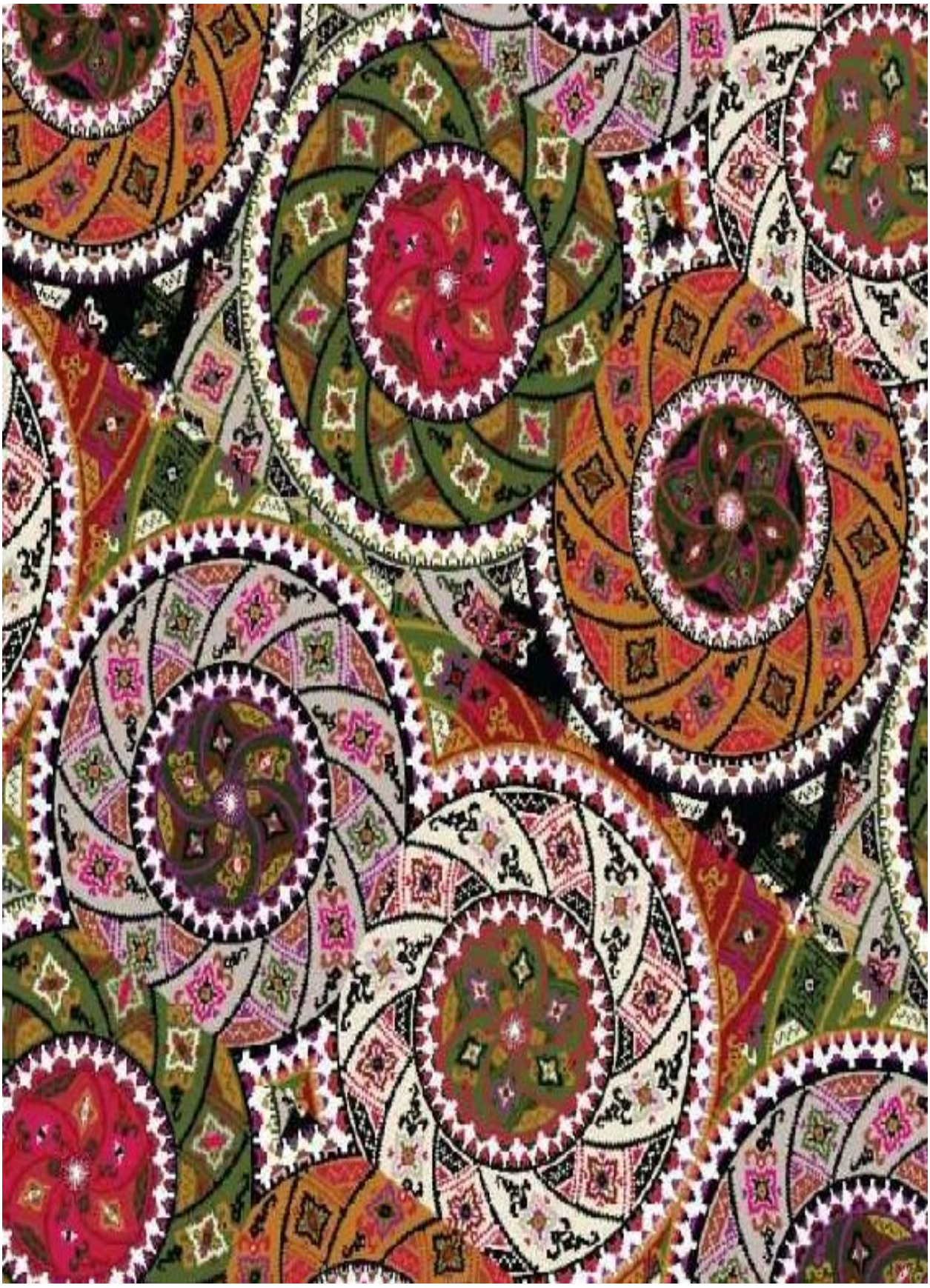
Timing Information:

Preparation	15 m
Cooking	50 m
Total Time	1 h 5 m

Nutritional Information:

Calories	323 kcal
Fat	11.7 g
Carbohydrates	43.3g
Protein	14.4 g
Cholesterol	20 mg
Sodium	1114 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Southern California Casserole

Ingredients

- 1 (16 oz.) package bulk pork sausage with sage, optional
- 6 flour tortillas, cut into 1-inch squares
- 4 (4 oz.) cans chopped green chilies
- 2 C. shredded Monterey Jack cheese
- 10 eggs
- 1/2 C. milk
- 1/2 tsp salt
- 1/2 tsp garlic salt
- 1/2 tsp onion salt
- 1/2 tsp ground black pepper
- 1/2 tsp ground cumin
- 2 tomatoes (or to taste), sliced

Directions

- Coat a casserole dish with oil or butter.
- Place a large skillet on medium heat. Add the sausages and cook them for 6 min.
- Place half of the tortillas in the bottom of the casserole dish then top it with 8 oz. of canned green chilies, 1/2 of the sausages drained from the grease and half of the shredded cheese.
- Repeat the process to make another layer.
- Get a mixing bowl: Place in it the eggs, milk, salt, garlic salt, onion salt, black pepper, and cumin whisk them well. Pour the eggs mix all over the layer tortilla casserole.
- Cover the casserole with a piece of plastic wrap then place it in the fridge for 8 h.
- Before you do anything set the oven to 350 F.
- Place the tortilla casserole in the oven and cook it for 52 min.
- Lay the tomato slices on top then cook the tortilla casserole in the

oven for 15 min.

- Allow the tortilla casserole to rest for 10 min then serve it warm.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	20 m
Cooking	1 h 10 m
Total Time	10 h 10 m

Nutritional Information:

Calories	365 kcal
Fat	22 g
Carbohydrates	22.9g
Protein	18.2 g
Cholesterol	155 mg
Sodium	1419 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Saguaro Pie

Ingredients

- 2 unbaked pie crusts
- 1/4 (8 oz.) package shredded Cheddar cheese
- 1/2 lb. cubed cooked chicken breast meat
- 1/2 C. uncooked instant rice
- 1 (15 oz.) can black beans, drained
- 1 C. cooked corn
- 1 (2.25 oz.) can sliced black olives, drained
- 1 C. sour cream
- 3/4 C. prepared salsa
- 3/4 (8 oz.) package shredded Cheddar cheese
- 1 tsp garlic powder
- 1 tsp ground cumin
- salt and pepper to taste

Directions

- Before you do anything set the oven to 400 F. Coat a pie casserole with oil or butter.
- Lay a pie crust in the casserole dish and cook it in the oven for 5 min.
- Sprinkle 1/4 of cheese on the baked pie crust place it aside.
- Get a large mixing bowl: Add the chicken, instant rice, black beans, corn, black olives, sour cream, salsa, 3/4 of 8-oz. package of Cheddar cheese, garlic powder, and cumin, salt and pepper then combine them completely to make the filling.
- Pour the filling into the baked crust then cover it with the second raw crust. Seal the edges of the pie crust with a fork then cut slits on its top.
- Cook the pie casserole in the oven for 27 min.
- Wrap a piece of foil around the edge of the pie crust then cook it in

the oven for 19 min.

- Once the time is up, place the pie aside to rest for 10 min then serve it warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	15 m
Cooking	45 m
Total Time	1 h 10 m

Nutritional Information:

Calories	511 kcal
Fat	33.5 g
Carbohydrates	33.2g
Protein	20 g
Cholesterol	63 mg
Sodium	717 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Pueblo Cast Iron Spicy Bread

Ingredients

- 3 eggs, beaten
- 2 C. shredded Cheddar cheese
- 1 (8 oz.) can cream-style corn
- 2 pickled jalapeno peppers, chopped
- 1 (5.5 oz.) package Ranch flavored croutons

Directions

- Before you do anything set the oven to 375 F. Grease a large oven proof skillet and place it in the oven to heat.
- Get a mixing bowl: add the eggs, cheese, corn and jalapeno peppers then mix them well. Fold in the croutons.
- Pour the mix into the skillet and cook it in the oven for 32 min.
- Serve it warm.
- Enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	10 m
Cooking	30 m
Total Time	40 m

Nutritional Information:

Calories	167 kcal
Fat	9.9 g
Carbohydrates	11.9g
Protein	8 g
Cholesterol	67 mg
Sodium	355 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Hot Cheddar Dip

Ingredients

- 8 oz. shredded Cheddar cheese
- 1 C. mayonnaise
- 1 (2 oz.) can chopped black olives
- 1 (4 oz.) can diced jalapeno peppers
- 1/4 tsp garlic powder
- 1 dash hot pepper sauce
- 1 tomato, chopped
- 1/2 C. chopped green onions

Directions

- Before you do anything set the oven to 350 F. Grease a large casserole dish.
- Get a large mixing bowl: Add the Cheddar cheese, mayonnaise, half of the olives, jalapeno peppers, garlic and hot pepper sauce then mix them completely.
- Spoon the mix into the greased casserole dish then cook it in the oven for 20 min.
- Top the dip with tomato, green onion and olives then serve it warm.
- Enjoy.

Servings per Recipe: 10

Timing Information:

Preparation	5 m
Cooking	20 m
Total Time	25 m

Nutritional Information:

Calories	263 kcal
Fat	25.7 g
Carbohydrates	2.9g
Protein	6.2 g
Cholesterol	32 mg
Sodium	503 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Southwest Mayo

Ingredients

- 1/2 C. mayonnaise
- 2 tsps ketchup
- 2 tbsps cream-style horseradish sauce
- 1/4 tsp paprika
- 1/4 tsp salt
- 1/8 tsp dried oregano
- 1 pinch ground black pepper
- 1 pinch cayenne pepper

Directions

- Get a mixing bowl: Add the all the ingredients and combine them completely.
- Place the dip in the fridge until ready to serve.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 m
Cooking	10 m
Total Time	20 m

Nutritional Information:

Calories	108 kcal
Fat	11.7 g
Carbohydrates	1.1g
Protein	0.3 g
Cholesterol	7 mg
Sodium	167 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Catalina's Corn Soup

Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 jalapeno peppers, chopped
- 2 cloves garlic, chopped
- 1 tsp ground cumin
- 1 pinch cayenne pepper, or to taste
- 3 (15.25 oz.) cans whole kernel corn, drained
- 2 C. chicken broth
- 1 skinless, boneless chicken breast, cut into small cubes
- 1 lime, cut into wedges (optional)
- 1/4 C. chopped fresh cilantro (optional)
- 1/4 C. sour cream (optional)

Directions

- Place a large saucepan over medium heat. Add the olive oil and heat it. Cook the onion with jalapeno peppers, and garlic for 6 min.
- Stir in the cumin and cayenne pepper. Add corn, chicken broth, and diced chicken then bring them to a boil. Put on the lid, lower the heat and cook the soup for 15 min.
- Turn off the heat and allow the soup to lose heat for several minutes. Divide the soup into batches then transfer it to a food processor and pulse it several times until it becomes chunky.
- Stir the soup back into the saucepan and cook it for 5 min. Serve it warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	25 m
Total Time	40 m

Nutritional Information:

Calories	392 kcal
Fat	10.5 g
Carbohydrates	69.7g
Protein	16.2 g
Cholesterol	24 mg
Sodium	1460 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Texas Ranch Salad

Ingredients

- 1 (15 oz.) can black beans, drained and rinsed
- salt and pepper to taste
- 1/2 head cabbage, chopped
- 1 (10 oz.) package romaine lettuce, torn
- 1/2 green bell pepper, chopped
- 1 (8.75 oz.) can corn, drained
- 1/4 C. shredded Cheddar cheese
- 2 cooked skinless, boneless chicken breast halves, cut into strips
- 1 C. finely crushed blue tortilla chips
- 1/2 C. prepared Ranch salad DRESSING

Directions

- Place a small saucepan on low heat. Add the black beans with some salt and pepper then cook it for 4 min.
- Get a large mixing bowl: add the cabbage, romaine lettuce, green bell pepper, corn, and Cheddar cheese then mix them well.
- Top the salad with black beans, chicken, tortilla chips, and Ranch dressing. Serve it right away.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	10 m
Total Time	35 m

Nutritional Information:

Calories	411 kcal
Fat	23.9 g
Carbohydrates	29.6g
Protein	22.8 g
Cholesterol	58 mg
Sodium	622 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Mashed Potatoes

Ingredients

- 8 baby red potatoes, quartered
- 2 tbsps olive oil
- 1/2 onion, chopped
- 1/2 red bell pepper, chopped
- 1/2 orange bell pepper, chopped
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 1/4 tsp garlic pepper seasoning
- salt and ground black pepper to taste
- 2 tbsps butter
- 1/4 C. half-and-half, or more to taste
- 1/4 tsp ground cumin, or to taste
- 1/8 tsp garlic pepper seasoning, or to taste
- 1/8 tsp chili powder, or to taste
- 1 pinch salt to taste

Directions

- Bring a salted pot of water to a boil and cook in it the potato for 18 min until it becomes tender.
- Place a large skillet on medium heat. Add the oil to it and cook in it the onion with bell peppers for 7 min. Stir in 1/2 tsp cumin, 1/4 tsp chili powder, 1/4 tsp garlic pepper, salt, and black pepper.
- Get a large mixing bowl: Combine the potatoes, butter, and half-and-half then mash them until they become smooth and creamy.
- Stir in the bell peppers mix then serve your rainbow potato mash salad warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	40 m

Nutritional Information:

Calories	297 kcal
Fat	10 g
Carbohydrates	47.9g
Protein	6.1 g
Cholesterol	14 mg
Sodium	80 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Chipotle Slaw

Ingredients

- 1/3 C. fresh lime juice
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- 1 1/2 tsps granular no-calorie sucralose sweetener (e.g., Splenda (R))
- salt and freshly ground black pepper to taste
- 1/2 large carrot, julienned
- 1/4 large head green cabbage, shredded
- 1/4 large head coarsely chopped red cabbage
- 4 green onions, thinly sliced

Directions

- Get a large mixing bowl: Mix the lime juice, cumin, cayenne pepper, sweetener, salt, and pepper.
- Add the remaining ingredients and toss them. Place the salad in the fridge of 30 min. Adjust the seasoning then serve it.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	
Cooking	15 m
Total Time	45 m

Nutritional Information:

Calories	58 kcal
Fat	0.4 g
Carbohydrates	13.9g
Protein	2.6 g
Cholesterol	0 mg
Sodium	624 mg

* Percent Daily Values are based on a 2,000 calorie diet.

A New Mexican Cake

Ingredients

- 2 C. crushed tortilla chips
- 2 tbsps butter, melted
- 3 (8 oz.) packages cream cheese, softened
- 1 1/4 C. shredded Colby cheese
- 8 oz. cottage cheese
- 4 eggs
- 4 oz. chopped green chili peppers
- 8 oz. jalapeno cheese dip
- 8 oz. sour cream
- 1 tomato, chopped
- 4 oz. sour cream
- 2 (2 oz.) cans sliced black olives
- 2 bunches green onions, chopped

Directions

- Before you do anything set the oven to 350 F. Coat a large casserole dish with butter or oil.
- Get a small mixing bowl: Mix the tortilla chips and melted butter then spread them in the bottom of the greased casserole to make the crust.
- Get a large mixing bowl: add the cream cheese, Colby-Jack cheese, cottage cheese, eggs and green chili peppers then combine them completely.
- Spread the mix on the crust then cook it in the oven for 1 h 5 min. Place the cake aside to lose heat for 5 min.
- Get a small mixing bowl: Whisk the jalapeno dip and sour cream. Spread mix on the eggs layer in the casserole then cook it in the oven for 10 min.
- Place the cottage cheese cake aside to rest and lose heat for 4 h.

- Garnish the cake with some sour cream, black olives, tomato and onion then serve it.
- Enjoy.

Servings per Recipe: 20

Timing Information:

Preparation	20 m
Cooking	1 h 10 m
Total Time	5 h 50 m

Nutritional Information:

Calories	274 kcal
Fat	23.3 g
Carbohydrates	7.8g
Protein	8.9 g
Cholesterol	94 mg
Sodium	384 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Alternative Latin Salad

Ingredients

- 1/2 C. Italian dressing, divided
- 1/4 tsp ground chipotle chili pepper
- 1 lb. boneless, skinless chicken breast halves
- 1 small onion, cut into 1/2-inch-thick slices
- 8 C. spring salad mix
- 1 (15 oz.) can black beans, rinsed and drained
- 1 medium mango, cut into bite-size pieces
- 1 medium avocado, cut into bite-size pieces

Directions

- Get a small mixing bowl: Mix 1/4 C. salad dressing with chipotle chili pepper. Coat the chicken breasts and onion slices with it.
- Preheat the grill and grease it. Grill the chicken breasts and onion for 10 min while flipping them every once in a while until they become tender. Cut the chicken breasts into thick slices.
- Place the salad mix on a serving bowl or plate then top it with the black bean, chicken, mango, avocado and onion. Drizzle the chipotle dressing on top then serve it.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	15 m
Cooking	10 m
Total Time	25 m

Nutritional Information:

Calories	441 kcal
Fat	18.8 g
Carbohydrates	38.6g
Protein	33.2 g
Cholesterol	65 mg
Sodium	987 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Southwest Stir Fry

Ingredients

- 2 C. rotini pasta
- 2 C. cubed deli rotisserie chicken
- 1 (9 oz.) pouch Progresso(TM) Recipe Starters(TM) creamy three cheese cooking sauce
- 1 (4.5 oz.) can Old El Paso(R) diced green chilis, undrained
- 1 C. shredded taco-flavored cheese
- Garnishes, if desired:
- Diced red bell pepper (optional)
- Sliced ripe olives (optional)
- Tortilla chips (optional)

Directions

- Cook the pasta according to the directions on the package.
- Place a large skillet on medium to high heat. Stir into it the pasta with chicken, cooking sauce and chilis then bring it to a boil. Top it with cheese and put on the lid then coo it for 4 to 6 min or until they cheese melts.
- Garnish it with bell pepper, olives and tortilla chips then serve it.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	
Cooking	30 m
Total Time	30 m

Nutritional Information:

Calories	405 kcal
Fat	18 g
Carbohydrates	34.6g
Protein	25.5 g
Cholesterol	72 mg
Sodium	634 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Easy Chipotle Burgers

Ingredients

- 2 lb. ground beef
- 1 (1.25 oz.) package taco seasoning mix
- 1/4 C. chopped green bell pepper
- 1/2 C. chopped onion
- 4 slices Pepperjack cheese
- 2 tbsps salsa
- 2 tbsps sour cream
- 6 hamburger buns

Directions

- Before you do anything preheat the grill and grease it.
- Get a mixing bowl: Add the ground beef, taco seasoning mix, bell pepper and onion then combine them completely. Shape the mix into 6 burger patties.
- Grill the burger patties for 5 min on each side. Place the burger buns with open sides facing down on the grill then toast them for 1 min.
- Place a slice of cheese on each burger half then top it with a burger patties followed by some salsa and sour cream. Put on the upper buns then serve your burgers right away.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 m
Cooking	10 m
Total Time	15 m

Nutritional Information:

Calories	501 kcal
Fat	27.4 g
Carbohydrates	27.8g
Protein	34.8 g
Cholesterol	114 mg
Sodium	889 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Spicy Egg Rolls

Ingredients

- 1/4 C. olive oil
- 1/4 C. chopped green onion
- 8 C. fresh baby spinach
- 1 C. frozen corn
- 1 (15 oz.) can black beans, drained
- 1 tbsp fresh lime juice
- 1/2 tsp salt
- 1 tsp ground cumin
- 6 oz. Monterey Jack cheese, shredded
- 1 (14 oz.) package egg roll wrappers
- vegetable oil for frying

Directions

- Place a large skillet on medium heat. Add the olive oil to it and heat it. Cook in it the onion for 4 min. Add the spinach, corn, black beans, and lime juice, salt and cumin.
- Turn off the heat and stir in the cheese to make the filling.
- Spoon 1/4 C. of the spinach mix into each egg roll wrapper then fold it. Use some water to damp the edges of the wrappers and seal them.
- Place a large deep skillet on medium heat then heat in it about 1 inch of vegetable oil. Add the egg rolls and cook them for 6 to 8 min or until they become golden and crunchy.
- Place some paper towels on a large plate. Drain the stuffed egg rolls and place them on the plate to remove the excess to remove the excess oil. Serve your egg rolls warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	15 m
Cooking	5 m
Total Time	20 m

Nutritional Information:

Calories	358 kcal
Fat	19.8 g
Carbohydrates	34.4g
Protein	11.6 g
Cholesterol	23 mg
Sodium	565 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Potluck Poppers

Ingredients

- 1 quart oil for frying
- 1 egg
- 1/4 C. milk
- 2 C. all-purpose flour
- 2 tsps dry mesquite flavored seasoning mix
- 1 tsp salt
- 1 tsp ground black pepper
- 1/2 tsp garlic powder
- 1/4 tsp ground cayenne pepper
- 2 lb. cube steak, cut into bite size pieces

Directions

- Place a deep skillet on a medium and heat and heat in it some vegetable oil until it becomes hot.
- Get a large mixing bowl: Add the milk and eggs then whisk them.
- Get a zip lock bag: Combine in it the flour, mesquite seasoning, salt, pepper, garlic powder, and cayenne pepper completely.
- Coat the steak pieces with the eggs mix then place them in the zip lock bag. Seal the bag and shake it roughly to coat the steak pieces with the flour mix.
- Place the some of the steak pieces in the hot oil and cook them for 5 min in batches. Serve them warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	20 m
Cooking	25 m
Total Time	45 m

Nutritional Information:

Calories	337 kcal
Fat	17.9 g
Carbohydrates	24.8g
Protein	17.9 g
Cholesterol	51 mg
Sodium	564 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Mesa Chicken Soup

Ingredients

- 1 lb. cooked dark meat chicken
- 3 (15.5 oz.) cans black beans, drained and rinsed
- 2 (14 oz.) cans chicken broth
- 2 (10 oz.) cans diced tomatoes with green chili peppers (such as RO*TEL(R))
- 1 (15.25 oz.) can whole kernel corn
- 1/2 large onion, chopped
- 1/2 C. chopped jalapeno peppers
- 2 cloves garlic, chopped
- 2 1/2 tsps chili powder
- 2 tsps red pepper flakes
- 2 tsps ground cumin
- 1 tsp ground coriander
- salt and ground black pepper to taste
- 1/2 C. sour cream, or to taste

Directions

- Stir all the ingredients into a slow cooker. Put on the lid and cook the soup for 8 h.
- Serve the soup warm with some sour cream.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	15 m
Cooking	8 h
Total Time	8 h 15 m

Nutritional Information:

Calories	389 kcal
Fat	13.1 g
Carbohydrates	43.7g
Protein	26.6 g
Cholesterol	55 mg
Sodium	1740 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Thursday's Latin Lunch

Ingredients

- 2 ears corn
- 1 lb. tomatillos, husked
- 1/2 bunch fresh cilantro leaves
- 1/2 jalapeno chili pepper, chopped
- 1/4 large white onion, chopped
- 1 clove garlic, chopped
- salt, to taste
- 4 tsps lime juice
- 1 avocado - peeled, pitted and diced
- 1 tsp lime juice
- 1/4 medium head red cabbage, chopped
- 1 (14.5 oz.) can black beans, rinsed and drained
- 1 red bell pepper, chopped
- 1 lb. skinless, boneless chicken breast halves
- 2 tsps Cajun seasoning, or to taste
- 1 head green leaf lettuce
- 1 C. crumbled cotija cheese
- 1 lime, cut into wedges

Directions

- Bring a large salted pot of water to a boil. Add the ears of corn and cook them for 18 min. Drain the ears of corn and place them aside to lose heat.
- Get a mixing bowl: scrap the corn kernels from the ears and place them in it. Add the avocado with 1 tsp of lime juice and mix with the corn, cabbage, black beans, and bell pepper then toss them gently.
- Get a blender: Add the tomatillos, cilantro, jalapeno, onion, garlic, salt, and 4 tsps of lime juice then pulse them several times until they become finely chopped.

- Preheat the grill and grease it.
- Season the chicken breasts with salt, pepper and Cajun seasoning.
- Grill the chicken breasts for 6 min on each side.
- Once the time is up, place the chicken breasts aside to cool down slightly. Cut the chicken into small dices.
- Place the lettuce leaves on 4 serving plates or bowl. Top it with the avocado mix, grilled chicken and cheese. Serve your salads right away.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	45 m
Cooking	30 m
Total Time	1 h 15 m

Nutritional Information:

Calories	550 kcal
Fat	22.4 g
Carbohydrates	50g
Protein	43 g
Cholesterol	99 mg
Sodium	1112 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Chipotle Chowder

Ingredients

- 1/4 C. white sugar
- 4 C. fresh corn kernels
- 1 (8 oz.) package cream cheese
- 1/2 C. shredded Mexican cheese blend
- 1/2 C. low-fat milk
- 1 C. chicken broth
- 2 stalks celery, thinly sliced
- 1 tbsp minced garlic
- 2 slices bacon, cut into 1 inch pieces
- 2 tbsps ground black pepper

Directions

- Stir all the ingredients into a slow cooker. Put on the lid and cook the chowder for 1 h 5 min on high.
- Adjust the setting to low and cook them for 2 h 35 min. Adjust the seasoning of the chowder then serve it warm.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 m
Cooking	3 h 30 m
Total Time	3 h 40 m

Nutritional Information:

Calories	267 kcal
Fat	16.9 g
Carbohydrates	24.3g
Protein	8.1 g
Cholesterol	45 mg
Sodium	233 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Southwest Veggie Platter

Ingredients

- 1 1/2 C. dried black-eyed peas, soaked overnight
- 1 green bell pepper, diced
- 1 onion, chopped
- garlic cloves, chopped
- 1 (10 oz.) can sweet corn, drained
- 1 (28 oz.) can diced tomatoes
- 1/4 C. chili powder
- 2 tsps ground cumin
- 2 C. cooked rice
- 1/2 C. shredded Cheddar cheese

Directions

- Get a slow cooker: Stir the back eyed peas with peas, green pepper, onion, garlic, corn, chili powder, and cumin and tomatoes into it.
- Put on the lid and cook the stew for 1 h on high.
- Once the time is up, add the rice with cheese then combine them completely. Serve your stew warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	
Cooking	2 h 30 m
Total Time	2 h 30 m

Nutritional Information:

Calories	342 kcal
Fat	6.2 g
Carbohydrates	59g
Protein	17.3 g
Cholesterol	12 mg
Sodium	460 mg

* Percent Daily Values are based on a 2,000 calorie diet.

San Juan Sandwiches

Ingredients

Marinade

- 1/4 C. finely chopped fresh cilantro
- 1 clove garlic, minced
- 1/4 jalapeno chili pepper, seeded and minced
- 2 tbsps finely grated fresh lime zest
- 1 1/2 tsps salt
- 1/2 tsp onion powder
- 1/4 tsp ground black pepper
- 1/4 tsp chipotle chili powder
- 1 tbsp olive oil
- 1 lb. chicken breast tenderloins or strips

Salsa

- 1 medium tomato, chopped
- 1 small sweet onion, finely chopped
- 2 tbsps finely chopped fresh cilantro
- 1/2 jalapeno chili pepper, seeded and minced
- 1 clove garlic, finely chopped
- 1/4 tsp ground black pepper
- 1/4 tsp sea salt
- 1/8 tsp chipotle chili powder
- 1 tbsp fresh lime juice

Grilled Vegetables

- 1 sweet onion cut into 1/2-inch slices
- 1 red bell pepper, quartered
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/2 tsp minced garlic

.ime Mayonnaise

- 1/2 C. mayonnaise
- 2 tbsps fresh lime juice
- 16 thick slices French bread
- 2 mangos - peeled, seeded, and sliced
- 8 slices Monterey Jack cheese

Directions

- To make the marinade:
- Get a mixing bowl: Mix 1/4 C. cilantro, 1 clove minced garlic, 1/4 jalapeno, lime zest, 1 1/2 tsps salt, onion powder, 1/4 tsp black pepper, 1/4 tsp chipotle chili powder, and 1 tbsp olive oil in it.
- Put the chicken breasts in a large zip lock with the marinade and shake them to coat it with it. Place it in the fridge for 1 h.
- To make the salsa:
- Get a mixing bowl: Stir the tomato, 1 small onion, 2 tbsps cilantro, 1/2 jalapeno, 1 clove garlic, 1/4 tsp black pepper, sea salt, 1/8 tsp chipotle pepper, and 1 tbsp lime juice. Put on a piece of plastic wrap on the bowl and put it in the fridge.
- Preheat the grill on medium to high and grease it.
- To make the mayonnaise sauce:
- Get a small mixing bowl: Mix the mayonnaise with 2 tbsps of lime juice. Place a piece of plastic wrap on the bowl and put it in the fridge.
- Get a mixing bowl: Stir the onions and red peppers with 1 tbsp olive oil, 1/4 tsp salt, and 1 clove garlic.
- Place the onions and peppers with chicken breasts on the heated grill then cook them for 8 to 10 min on each side.
- Cut the grilled bell peppers into strips.
- 1 1/2 tsp of the mayonnaise sauce on each bread slice then top half of them with the mango slices, 1 tbsp of salsa, chicken tenderloins, bell pepper strips, grilled onion and a slice of cheese.
- Place the remaining bread slices on top.
- Place the sandwiches on the grill and cook them gently for 2 min on each side. Serve your sandwiches right away.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	1 h 20 m
Cooking	20 m
Total Time	1 h 40 m

Nutritional Information:

Calories	555 kcal
Fat	25.2 g
Carbohydrates	54g
Protein	29.4 g
Cholesterol	63 mg
Sodium	1292 mg

* Percent Daily Values are based on a 2,000 calorie diet.



Mexican Spaghetti Spicy Tomato Sauce

Ingredients

- 1 spaghetti squash (3 lb.)
- 1 (14 oz.) can Mexican-style tomatoes, undrained
- 1 (14 oz.) can black beans, drained and rinsed
- 3⁄4 C. Monterey jack cheese, divided
- 1⁄4 C. cilantro, finely chopped
- 1 tsp ground cumin
- 1⁄4 tsp garlic salt
- 1⁄4 tsp black pepper

Directions

- Before you do anything set the oven to 350 F. Grease a baking dish with some oil.
- Use a sharp knife to the squash into two equal pieces. Spoon out the seeds and discard them. Place the squash halves with the open sides facing the bottom of the baking dish.
- Cook the squash halves in the oven for 55 min. scrap the flesh of the squash with a fork to make the spaghetti.
- Coat a large baking dish with some butter.
- Get a large mixing bowl: Mix the tomatoes with juice, beans, 1/2 C. cheese, cilantro, cumin, garlic salt and pepper well. Spread the mix into the greased baking dish.
- Top the spaghetti casserole with the remaining cheese. Cook it in the oven for 36 min. serve it right away warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Total Time	20 m
Prep Time	1 h 40 m
Cook Time	2 h

Nutritional Information:

Calories	215.2
Fat	7.4g
Cholesterol	18.9mg
Sodium	526.6mg
Carbohydrates	26.5g
Protein	12.9g

* Percent Daily Values are based on a 2,000 calorie diet.

Hot Jalapeno Dressing

Ingredients

- 1⁄2 C. mayonnaise, can use low fat
- 1⁄2 C. sour cream
- 1 -2 tbsp milk, depending on your thickness preference
- 2 tbsps minced tomatoes
- 1 tbsp white vinegar
- 2 tsps canned jalapeno slices, minced
- 1 tbsp finely minced onion
- 1⁄2 tsp dried parsley
- 1⁄4 tsp hot sauce
- 1⁄4 tsp salt
- 1⁄4 tsp paprika
- 1⁄2 tsp dried dill weed
- 1⁄8-1⁄4 tsp cayenne pepper
- 1⁄4-1⁄2 tsp ground cumin
- 1⁄4 tsp garlic powder
- 1⁄4 tsp ground black pepper

Directions

- Get a large mixing bowl. Add the all the ingredients and combine them completely.
- Put a plastic wrap on the bowl and place it in the fridge for 4 h. serve it right away.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Total Time	
Prep Time	10 mins
Cook Time	0 mins

Nutritional Information:

Calories	712.7
Fat	62.9g
Cholesterol	92.5mg
Sodium	1626.1mg
Carbohydrates	36.3g
Protein	4.8g

* Percent Daily Values are based on a 2,000 calorie diet.

Monterey Casserole

Ingredients

- 2 C. cooked rice
- 2 boneless skinless chicken breasts, chopped (medium size)
- 1 C. Monterey jack cheese, shredded
- 1 C. evaporated milk
- 1 1⁄2 tbsps red onions, finely chopped
- 2 large eggs, lightly beaten
- 1⁄4 C. cilantro, finely chopped
- 1 tsp cumin
- 1⁄2 tsp salt
- 2 tbsps jalapenos, seeded and diced

Directions

- Before you do anything set the oven to 350 F. Grease a baking dish with oil or butter.
- Place a large skillet on medium heat. Heat in it a splash of olive oil.
- Season the chicken with some salt and pepper. Cook the chicken in the hot oil for 8 min on each side. Cut the chicken breasts into small dices.
- Get a large mixing bowl: Add the chicken with the remaining ingredients then mix them well.
- Spoon the mix into the baking dish then cook it in the oven for 44 min. serve your chicken casserole warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Total Time	
Prep Time	30 mins
Cook Time	40 mins

Nutritional Information:

Calories	418.2
Fat	174.2mg
Cholesterol	614.4mg
Sodium	34.1g
Carbohydrates	29.3g
Protein	418.2

* Percent Daily Values are based on a 2,000 calorie diet.

Mexicorn Bake

Ingredients

- 3⁄4 C. brown rice, uncooked
- 1 1⁄2 C. water
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (11 oz.) can mexicorn, drained
- 1 (10 oz.) can diced tomatoes with green chilies
- 1 C. salsa
- 1 C. sour cream
- 1 C. cheddar cheese, shredded
- 1⁄4 tsp pepper
- 1⁄2 C. red onion, chopped
- 1 (2 1/4 oz.) can black olives, sliced, drained
- 1 C. Mexican blend cheese, shredded

Directions

- Place a large saucepan on low to medium heat. Stir in the water with rice and cook it for 38 min.
- Before you do anything set the oven to 350 F. Grease a casserole dish and set it aside.
- Get a large mixing bowl: Add the beans, corn, tomatoes, salsa, sour cream, cheddar, pepper and rice then mix them well.
- Spoon the mix into the casserole dish. Sprinkle on it the olives with onion. Cook in the oven for 30 min.
- Sprinkle the cheese on top then cook it in the oven for 6 min.
- Place the mexicorn aside to rest for 10 min. serve it warm.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Total Time	10 mins
Prep Time	1 hr 30 mins
Cook Time	40 mins

Nutritional Information:

Calories	460.6
Fat	22.9g
Cholesterol	62.8mg
Sodium	1107.9mg
Carbohydrates	48.2g
Protein	19g

* Percent Daily Values are based on a 2,000 calorie diet.

College Casserole

Ingredients

- 2 C. macaroni
- 12 oz. solid white tuna packed in water (Albacore, drained)
- 10 3⁄4 oz. Campbell southwest-style pepper jack soup
- 10 3⁄4 oz. milk (1 soup can full)
- 1⁄2 C. mayonnaise (Hellman's, not Miracle Whip)
- 2 tbsps Progresso Italian-style fine bread crumbs
- 1 -2 tbsp margarine, cut into slivers
- 1 C. shredded cheddar cheese
- salt & pepper (to taste)

Directions

- Prepare the pasta according to the manufacturer's directions until it becomes dente. Drain it and set it aside.
- Before you do anything set the oven to 350 F. Grease a casserole dish with some oil or butter.
- Get a mixing bowl: Whisk the soup with mayonnaise and milk. Stir in the cheese with pasta, tuna, a pinch of salt and pepper.
- Sprinkle the Italian-style breadcrumbs on top then top it with margarine dots. Cook in the oven for 30 min.
- Serve your pasta casserole warm.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Total Time	40 mins
Prep Time	10 mins
Cook Time	30 mins

Nutritional Information:

Calories	613.1
Fat	28.4g
Cholesterol	84.5mg
Sodium	796.6mg
Carbohydrates	37.1g
Protein	613.1

* Percent Daily Values are based on a 2,000 calorie diet.

Houston Inspired Sirloin Casserole

Ingredients

- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 carrot, shredded
- 1⁄2 lb button mushroom, cleaned and sliced
- 1 lb extra lean ground sirloin
- 1 tsp dried oregano, crushed
- 1⁄2 tsp dried thyme, crushed
- 1⁄2 tsp ground cumin
- 1⁄4 tsp fresh ground pepper
- 1 tbsp unbleached all-purpose flour
- 1 C. canned fat free low-beef broth (240 ml)
- 1⁄3 C. dry red wine or 1⁄3 C. additional beef broth
- 2 tbsps tomato paste (30 ml)
- vegetable oil cooking spray

Directions

- To make the filling:
- Place a large greased skillet on medium heat. Add the onion, garlic, carrot, and mushrooms then cook them for 6 min while stirring often.
- Add the minced beef and cook them for 5 min while breaking it with a spatula. Discard the excess grease.
- Stir in the oregano, thyme, cumin, and pepper and flour followed by the beef broth, wine, and tomato paste.
- Cover the bottom of a casserole dish with a large piece of foil and grease it. Spoon the minced beef mix to the casserole and set it aside.
- To make the topping:
- Bring a salted pot of water to a boil. Cook in it the potato for 18 min then drain it.

- Before you do anything set the oven to 375 F.
- Get a large mixing bowl: Add the cooked potato and mashed it with some milk until it becomes creamy and smooth. Season it with some salt and pepper. Fold in the jalapeño chilis, cilantro, and scallion.
- Spread the mix on the filling. Top the potato later with some paprika and cheese. Cover the pie tightly with a piece of foil.
- Cook the pie casserole in the oven for 46 min. serve your casserole hot.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Total Time	1hr 35 mins
Prep Time	50 mins
Cook Time	45 mins

Nutritional Information:

Calories	269.9
Fat	10.8g
Cholesterol	59.1mg
Sodium	144.1mg
Carbohydrates	21.2g
Protein	20.2g

* Percent Daily Values are based on a 2,000 calorie diet.



Chicken Rolls

Ingredients

- 2 chicken breasts
- 1⁄4 tbsp chili powder
- 1⁄2 tsp cumin
- 1⁄2 tsp garlic powder
- 1⁄8 tsp salt
- 2 tbsps vegetable oil
- 2 garlic cloves
- 1 red bell pepper, finely diced
- 1 small onion, finely diced
- 2 jalapenos, finely diced
- 1⁄2 C. frozen corn kernels
- 1⁄3 C. canned black beans, drained and rinsed
- 1⁄2 tsp cayenne pepper (optional)
- 2 1⁄2 C. cheddar cheese, shredded
- 15 egg roll wraps

Directions

- Place a large skillet over low to medium heat. Heat 1 tbsp of vegetable oil in it.
- Get a small mixing bowl: Add the chili powder, cumin, garlic powder & salt then mix them well. Coat the chicken breasts with the mix then cook them in the heated skillet for 9 min on each side.
- Drain the chicken breasts and set them aside. Cut them into bite size pieces.
- Heat 1 tbsp of vegetable oil in the same skillet. Cook in it the red bell pepper, diced onion, chicken dices, minced garlic cloves and jalapenos for 6 min.
- Add the corn, cayenne pepper and black beans. Lower the heat and cook them for 3 min. Stir in the cheese until it melts then turn off the

heat to make the filling.

- Place an eggroll on a working surface with the pointy ends facing you. Spoon 1 1/2 tbsp of the filling to the eggroll and roll it tightly. Brush the eggrolls edges with some water to seal the edges.
- Before you do anything set the oven to 375 F.
- Lay the stuffed eggrolls on a lined up baking pan. Cook it in the oven for 18 min.
- Serve your eggrolls with some salsa.
- Enjoy.

Servings per Recipe: 15

Timing Information:

Total Time	1hr
Prep Time	30 mins
Cook Time	30 mins

Nutritional Information:

Calories	234.4
Fat	10.5g
Cholesterol	35mg
Sodium	354mg
Carbohydrates	22.2g
Protein	12.6g

* Percent Daily Values are based on a 2,000 calorie diet.

Mesa Breakfast

Ingredients

- 2 English muffins
- 4 large free run eggs
- 1⁄4 C. milk
- 1⁄4 tsp salt
- 1⁄4 tsp pepper
- 1 tbsp canola oil
- 1⁄2 C. grated cheese, 4 cheese blend
- 1⁄4 C. sour cream
- 1⁄4 C. chili lime salsa

Directions

- Get a mixing bowl: Add the eggs, milk, salt and pepper then whisk them.
- Place a large skillet on medium to high heat. Heat the oil in it.
- Add the eggs mix and cook them for 3 min while stirring them with a spatula until they are done.
- Add the cheese and stir it until it melts. Serve your scramble with English muffins.
- Enjoy.

Servings per Recipe: 4

Timing Information:

Total Time	7 mins
Prep Time	5 mins
Cook Time	2 mins

Nutritional Information:

Calories	251.8
Fat	15.6g
Cholesterol	204.7mg
Sodium	475mg
Carbohydrates	15.3g
Protein	12.4g

* Percent Daily Values are based on a 2,000 calorie diet.

Spicy Mexican Quinoa

Ingredients

- 1 tbsp olive oil
- 1 C. quinoa, rinsed
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 jalapeno pepper, seeded and chopped
- 1 (10 oz.) can diced tomatoes with green chili peppers
- 1 envelope taco seasoning mix
- 2 C. low-sodium chicken broth
- 1/4 C. chopped fresh cilantro

Directions

- In a large skillet, heat the oil on medium heat and stir fry the quinoa and onion for about 5 minutes.
- Add the garlic and jalapeño pepper and cook for about 1-2 minutes.
- Stir in the undrained can of diced tomatoes with green chilis, taco seasoning mix and chicken broth and bring to a boil.
- Reduce the heat to medium-low and simmer for about 15-20 minutes.
- Stir in cilantro and serve.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Cooking	20 m
Total Time	40 m

Nutritional Information:

Calories	244 kcal
Fat	6.1 g
Carbohydrates	38.1g
Protein	8.1 g
Cholesterol	2 mg
Sodium	986 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Southwest Pesto

Ingredients

- 1/4 C. hulled pumpkin seeds (pepitas)
- 1 bunch cilantro
- 1/4 C. grated cotija cheese
- 4 cloves garlic
- 1 serrano chili pepper, seeded
- 1/2 tsp salt
- 6 tbsp olive oil

Directions

- In a food processor, add the pumpkin seeds and pulse till chopped roughly.
- Add the remaining ingredients and pulse till smooth.

Servings per Recipe: 6

Timing Information:

Preparation	10 m
Total Time	10 m

Nutritional Information:

Calories	176 kcal
Fat	17.8 g
Cholesterol	2.4g
Sodium	2.9 g
Carbohydrates	6 mg
Protein	262 mg

* Percent Daily Values are based on a 2,000 calorie diet.

El Pollo Soup

Ingredients

- 3 cooked, boneless chicken breast halves, shredded
- 1 (15 oz.) can kidney beans
- 1 C. whole kernel corn
- 1 (14.5 oz.) can stewed tomatoes
- 1/2 C. chopped onion
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 (4 oz.) can chopped green chili peppers
- 2 (14.5 oz.) cans chicken broth
- 1 tbsp ground cumin

Directions

- In a large pan mix together all the ingredients on medium heat.
- Simmer for about 45 minutes.

Servings per Recipe: 4

Timing Information:

Preparation	20 m
Cooking	45 m
Total Time	1 h 5 m

Nutritional Information:

Calories	335 kcal
Fat	7.7 g
Carbohydrates	37.7g
Protein	31.5 g
Cholesterol	62 mg
Sodium	841 mg

* Percent Daily Values are based on a 2,000 calorie diet.

Southwestern Rice

Ingredients

- 1 lb. lean ground beef
- 1 onion, diced
- 1 green bell pepper, diced
- 1 (14 oz.) can beef broth
- 2 C. fresh corn kernels
- 1 (10 oz.) can diced tomatoes with green chili peppers
- 1 (15 oz.) can tomato sauce
- 1/2 C. salsa
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 tsp minced cilantro
- 1 1/2 C. uncooked white rice
- 1 C. shredded Cheddar cheese

Directions

- Heat a medium pan on medium heat and cook the beef till browned completely.
- Drain off the grease from the pan.
- Add the onion and green pepper and cook till the onion becomes tender.
- Stir in the beef broth, corn, tomatoes with green chili peppers and tomato sauce, salsa, chili powder, paprika, garlic powder, salt, pepper and cilantro and bring to a boil.
- Stir in the rice and cook, covered for about 25 minutes.
- Top with the Cheddar cheese and cook for about 10 minutes.

Servings per Recipe: 6

Timing Information:

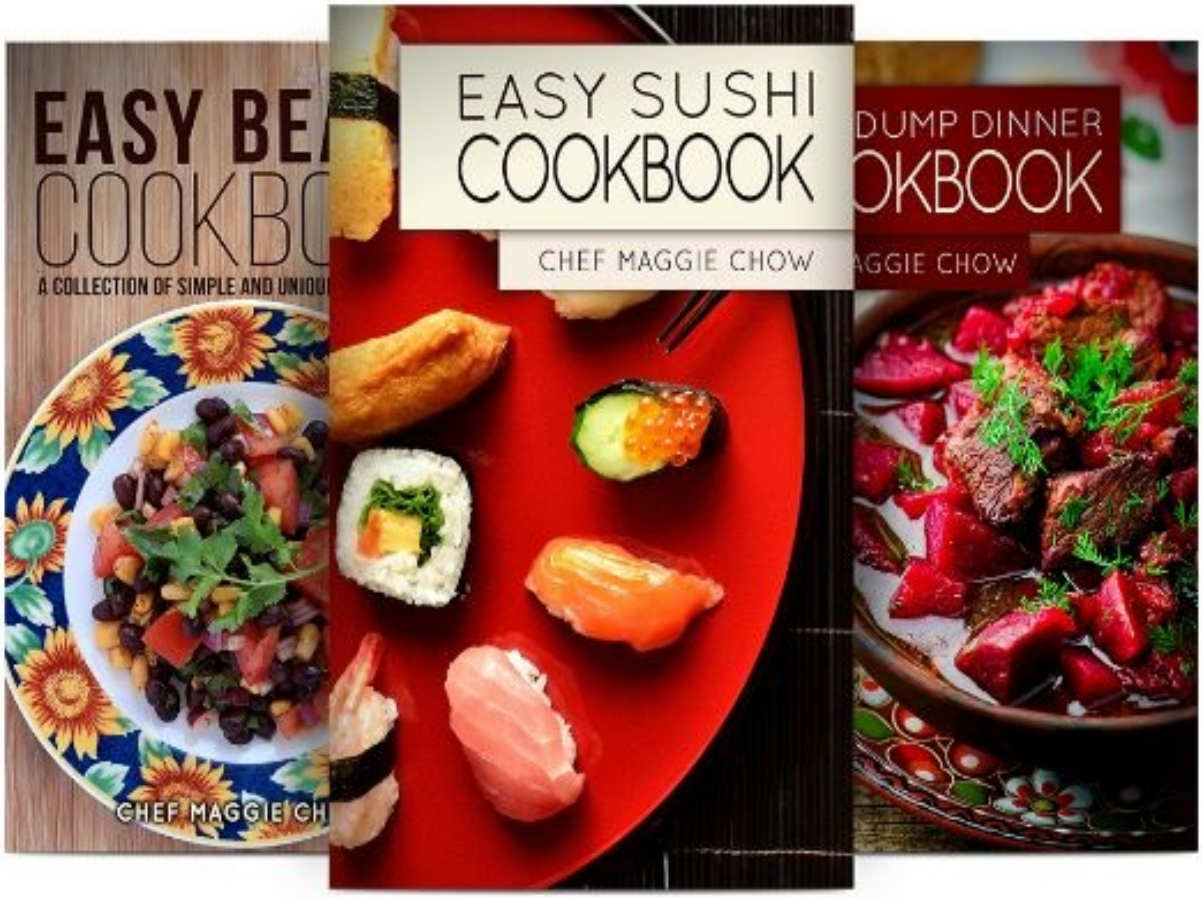
Preparation	20 m
Cooking	35 m
Total Time	55 m

Nutritional Information:

Calories	510 kcal
Fat	18.3 g
Carbohydrates	59.1g
Protein	28.3 g
Cholesterol	74 mg
Sodium	1294 mg

* Percent Daily Values are based on a 2,000 calorie diet.

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