Mexican Delight

MY BURRITO IN A BOWL

(Black Beans, Cilantro Lime Rice, Guacamole, Tortilla Chips, Salsa and topped with Sharp Cheddar and Parmesan Cheese)



Yummy !!! Yummy !!! I'm a big fan of Vegetarian Mexican food next to Indian food. My hubby who loves cooking especially Mexican, in fact, he got the passion of cooking after he did some research in Mexican food. His friends and I really love his Mexican food and he taught me this delicious Mexican Burrito in a bowl. Try this recipe at home, you love to eat again and again.

MEXICAN BLACK BEANS RECIPE



Black beans and cilantro rice are such a classic combination. Black Beans are natural health food, rich in anti-oxidants and protein. Black beans tastes great along with chipotle peppers, onion, garlic and seasoning.

Ingredients

1 Can (15 oz) Cooked Black Beans
1/2 Cup of Chopped Onions
2 Garlic Cloves
1 Tsp of Goya Adoba All Purpose Seasoning
1 Tsp of Goya Sazonador Total Seasoning
1 Chipotle Pepper in Adobo Sauce
Dash of Pepper
Dash of Salt
1 Tbsp of Olive/ Corn Oil

Method

- **Heat a heavy bottomed pan with oil, add onion, garlic, saute well for 1-2 mins until it turns golden brown.**
- **Add black beans, all purpose seasoning, total seasoning, chipotle pepper and a dash of pepper and salt. Keep it covered and let it come to rolling boil and keep it in medium flame for another 5 mins and then switch off the flame.**
- **Hot black beans is ready to serve.**

CILANTRO LIME RICE



Cilantro Lime Rice is a simple rice which taste elaborate. It goes perfect with any Mexican cuisine. This dish is about steamed rice tossed with lime juice, freshly chopped

cilantro and a dash of salt and oil.

Ingredients

1 Small Bunch of Cilantro/ Coriander Leaves
1 Cup of Rice
1-2 Tsp of Canola Oil or Butter
1/2 Lime Juice
Kosher Salt to taste
2 Cups of Water

Method

- Heat a cooker with oil or butter, add rice, saute well for 1-2 mins until rice gets fully coated with butter and aromatic.
- Add required water and salt and pressure cook for 3 whistles.
- In a bowl, combine chopped cilantro, lime, rice and 1 tsp of oil. Toss well until completely mixed.
- Delicious Cilantro Lime Rice is ready.

Tips

- You can serve either in a bowl or in a burrito.
- You can add meat to this recipe.
- You can use sour cream instead of cheese.
- You can also see my guacamole recipe in my site.
- Adding chipotle pepper gives a unique taste to the black bean dish.

Health Benefits of Black Beans and Cilantro

- Black beans are rich in fiber, so they help in weight loss.

- **Good for digestive tract.**
- **Prevents cancer.**
- **Rich in protein, anti-oxidant and iron.**



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Refried Beans Tacos- Mexican

Recipes



Woo-oho….This is my 50th recipe...

A Taco's is a Mexican dish which is getting popular throughout the world. A soft shell taco is filled with re-fried beans, layered with pico de gallo and topped with cheese, guacamole and salsa. These tacos are perfect weeknight meal that can be made in less than 20-30 minutes.

Ingredients

Refried Beans

- **2 Cups of Cooked Pinto Beans**
- **2 Cloves of Garlic**
- **1/2 Onion (Big)**
- **2 Tbsp of Olive Oil**
- **1 Chipotle Chilly**

7 Cups of Water
1 Tsp of Salt

Pico de gallo

1/2 Cup of Chopped Red Onions
1/2 Cup of Chopped Tomatoes
1/2 Cup of Shredded Lettuce
2 Tbsp of Pickled Jalapenos
2 Tbsp of Chopped Cilantro
1/2 Lime Juice (Juiced)
Salt and Pepper to taste

Assembling

4 Taco Shells (Prepared Crisp)
2 Tbsp of Spicy Salsa
4 Tbsp of Sharp Cheddar Cheese
2-3 Tbsp of Guacamole

Method

- These yummy tacos is a three step process .



Cooked Pinto Beans

- First is the making of refried beans (frijoles refritos in spanish). Cooking from the scratch, mildly

seasoned with couple garlic cloves and a piece of onion and pinto beans was fried in oil, then add water and wait for rolling boil temperature. Later this was transferred to cooker or crock pot and set in high and cook it for 4 hrs. Chipotle chiles can be added for extra smoky spicy kick. Once it done, grind pinto beans coarsely in blender then heat in a pan with little oil, fry it for 10 mins. Re-fried beans is ready.



Refried Beans

- Second step is making the pico de gallo (Add chopped onions, tomatoes, cilantro , sea salt, pepper, pickled jalapenos, lettuce and lime juice in a bowl and marinate for 10-15 minutes).
- Third step is the process of assembling ,where the flavors all come together.



Pico de gallo

- Heat the corn tortillas in a microwave for 20 secs and assemble all goodies starting with Refried beans, pico de gallo , cheddar cheese, spicy salsa , creamy avacadoes or guacamole(if you have any) and sourcream (optional) .



- One simple bite is all that takes to appreciate simple pleasures in life and enjoy healthy and yummy snack.



Tips

- You can get “Ready to use” canned refried bean instead of doing refried beans at home.
- Chipotle chilies are available in Mexican or any supermarket.
- Add minced meat to the refried beans for extra flavor if you are non-vegetarian.
- You can refer guacamole recipe in my blog.

Health Benefits of Tacos

- Tacos are prepared with gluten free corn flour. They are enriched with complex carbohydrates, essential amino acids and vitamin B.
- Rich in dietary fiber.
- Adding onion and garlic lowers the blood cholesterol.

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[tuesday talent show]



Guacamole – Authentic Mexican Avocado Dip





Avocados are considered as one of the healthiest food in the planet because it consists of 25 essential nutrients. Guacamole is an avocado based sauce originated in Mexico. It is traditionally made with mashed ripe avocado and some seasonings. This simply quick recipe I got from my husband. Guacamole taste great with tortilla chips or as topping for any Mexican foods.

Ingredients

1 Fully Ripe Avocado
1/2 Cup of Chopped Onion
1/4 Cup of Chopped Tomato
A Dash of Garlic Powder
A Dash of Pepper Powder
2 Tbsp of Chopped Cilantro/Coriander Leaves
4-5 Drops of Lemon Juice
1/2 Tsp of Salt



Cut avocado in lengthwise



Ingredients

Method

- Cut the avocado into two halves and remove the seed.
- Scoop the pulp with spoon.
- Place avocado in a medium size bowl and mash it with spoon or fork until moderately smooth and creamy.
- Now add the rest of the ingredients and mix until well combined.
- Perfect guacamole is ready to eat.
- Dip your tortilla chips and enjoy.

View my video on Making of Guacamole”



Tips

- Buy avocado 2-3 days in advance of your preparation day. Most avocado you find in store are rock hard so leave

them outside to soften up for few days. This is to speed up the ripening process.

- Use avocado when it is in dark green colour.
- Onions are the mainstay for this recipe.It gives distinct flavor to the guacamole.
- If you don’t have garlic powder, try with rest of the ingredients.
- If you have any unused avocado, store them with seed so that you can use it later. Other trick is adding lime juice which prevents avocado from oxidation.



Health Benefits of Avocado

- Inhibits the growth of cancer.
- Rich in folate and vitamin C
- High in beta-sitosterol, a compound helps to lower cholesterol level.

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