

Mexican Tacos

Tacos de Pollo a la Mexicana

- 2 pounds of chicken breasts
- 1/2 medium onion
- 1 sprig cilantro
- 1 clove garlic
- 1 teaspoon salt
- 3 roma tomatoes, chopped
- 1 green bell pepper, chopped
- 1/2 medium onion, chopped
- 1 or 2 serrano chilies, finely chopped
- 1/2 teaspoon ground cumin
- 1 cup chicken broth*
- 1/4 cup chopped cilantro, divided
- 2 avocados, chopped
- Lime wedges
- Corn tortillas

Cook the chicken breasts in 6 cups of water with the onion half, a 4 sprig of cilantro, the garlic, and salt over medium-high heat for about 45 minutes or until fully cooked. Let cool slightly. Shred or roughly chop the chicken. Heat 2 tablespoons vegetable oil in a large skillet over high heat. Sauté the onion and bell pepper for about 2 minutes, stirring constantly. Add the shredded chicken, tomatoes, serrano chile, cumin, chicken broth (use the water from the cooked chicken), and 3 tablespoons of the chopped cilantro. Stir to combine; season with salt, if necessary. Reduce heat to medium-low. Cover and let simmer for about 10 to 15 minutes. To serve, spoon a couple of tablespoons of filling into the center of warm corn tortillas. Top with a squeeze of lime juice, chopped avocado, the reserved cilantro and your favorite salsa.

Veggie Sweet Potato and Black Bean tacos

Roasted sweet potatoes

- 2 pounds sweet potatoes (3 to 4 medium sweet potatoes), peeled and sliced into 1-inch chunks
- 2 tablespoons olive oil
- ¼ to ½ teaspoon cayenne pepper
- ¼ teaspoon sea salt

Spicy black beans

- 2 cans black beans, rinsed and drained (or 3 cups cooked black beans)
- 1 small yellow or white onion, chopped
- 1 tablespoon olive oil
- 2 teaspoons ground cumin

- ¼ teaspoon chili powder
- ⅓ cup water
- 1 teaspoon sherry vinegar or lime juice
- Sea salt and black pepper, to taste

Avocado-pepita dip

- 2 avocados, pitted and sliced
 - 1 cup cilantro, packed (mostly leaves, some small stems are ok)
 - ½ cup pepitas
 - 1 jalapeño, seeded and roughly chopped (or ¼ teaspoon red pepper flakes)
 - 2 cloves garlic, roughly chopped
 - 1 small lime, juiced or 2 tablespoon sherry vinegar
 - 2 tablespoons water
 - 1 teaspoon fine grain sea salt
 - Freshly ground black pepper, to taste
1. Roast the sweet potatoes: Preheat the oven to 425 degrees Fahrenheit. Toss the prepared sweet potatoes with olive oil, cayenne pepper and salt. Arrange in a single layer and bake for 30 to 40 minutes, tossing halfway, until the sweet potatoes are tender and caramelizing at the edges.
 2. Prepare the black beans: Warm the olive oil in a large saucepan over medium heat. Add the onions, and cook for 5-8 min. Add cumin, chili powder, beans and 1/3 cup water. Cook for 5 minutes, then remove the lid and use the back of a fork to mash up at least half of the beans. Remove from heat, stir in the vinegar, season with salt and pepper, and cover until you're ready to serve.
 3. Make the avocado dip: Toast the pepitas in a skillet over medium heat, transfer to a bowl and set aside. In a food processor or blender, combine the avocado, cilantro, jalapeño, garlic, lime juice, water and salt and blend until smooth. Add almost all of the pepitas (reserve a couple tablespoons for garnish) and blend until the pepitas are chopped small.

Carne Asada Tacos

- 1 ½ lbs. skirt steak or flank steak
- 2 shallots, sliced thin
- 12 cloves garlic, sliced thin
- 2 jalapenos, chopped
- ½ cup vegetable oil
- Juice from 3 limes, each cut in half, reserve the rind
- 1 tablespoon kosher salt
- 1 ½ tablespoon chipotle powder

Combine all marinade ingredients together in a glass dish and add the steak. Place the half lime rinds on the meat. Place meat in refrigerator for eight hours. Remove meat from fridge 30 minutes before grilling to let meat come to room temperature. Grill to desired doneness,

placing the half lime rinds while grilling. Remove steak when done and let rest for at least three minutes before cutting.

Salsa Verde

- 1 medium white onion
- 1 lb tomato verde
- 2 Serrano chilies
- Cilantro
- Salt

Remove veins and seeds from the chilies. Blend onion, chilies and tomato verde. Add salt to taste and chopped cilantro.

Salsa Roja Asada

- 1 lb ripe medium tomatoes
- ¼ white onion
- 4 Serrano chilies
- Cilantro
- Salt

Remove veins and seeds from the chilies. Roast all ingredients except cilantro until the skin is slightly burnt. Blend and add salt to taste and chopped cilantro.

Guacamole

- 3 avocados
- ¼ medium white onion finely chopped
- 1 firm tomato chopped
- cilantro
- 2 cloves garlic
- ½ lime

Mix all the ingredients; crushing the avocados with a fork. Salt and pepper to taste!