

MACHEESMO

- MEALS -

FAST FRESH TEX-MEX

Even though Cinco de Mayo has come and gone, I'm still very much in a Tex-Mex mood. These are an assortment of not only some of my favorite Tex-Mex meals, but also some of the freshest Tex-Mex recipes I know.

These recipes aren't completely covered in cheese and sauce. They are light and perfect for the spring. Don't worry though, there is still plenty of great flavors!

Helpful Equipment:

- Cast Iron Skillet
- Baking Sheet



You can click on these to zap you to Amazon and see my recommendation for each.

MEAL 1

- Chorizo and Yam Tacos

MEAL 2

- Black Bean Tostadas

MEAL 3

- Chicken Taco Salad

BONUS!

- Taco Seasoning
- Grapefruit Guac

#macheesmomeals: If you make anything in the meal plan, I would love it if you snapped a quick photo and shared it on Instagram or Twitter with the hashtag #macheesmomeals ! Thanks!



MEAL 1 | Chorizo Yam Tacos

This is one of my go-to Tex-Mex recipes. It's really fast and even if you're feeding a huge group, it's easy to multiple. If you have a cast iron skillet, it's essentially a one pot meal!

Yummy Chorizo Tacos

Yield: 10-12 tacos | Time: 30 min

Ingredients:

1 pound chorizo
1 large yam or sweet potato, peeled
2 poblano peppers, sliced
10-12 medium flour tortillas
Feta or cotija Cheese
Kosher salt

Quick Pickled Onions:

1 large red onion, sliced thin
1 lime, juice only
1 teaspoon kosher salt

Directions:

- 1) Peel and slice red onions thinly. Add them to a bowl with the lime juice and a good pinch of salt. Cover and let marinate for at least 20 minutes while you make the rest of the fillings.
- 2) Chop up the yam and poblano peppers. Try to chop both into long matchsticks of roughly the same size.
- 3) Remove casing from chorizo if it has it on and start browning it in a skillet over medium high heat.
- 4) Once chorizo is cooked, add in poblanos and yams and cook until they start to soften.
- 5) Warm your tortillas in a hot skillet for a few seconds per side or you can do them in a large batch in the oven by wrapping them in foil and baking them for a few minutes at 350 degrees.
- 6) Add chorizo filling to a few tortillas and top with crumbled cheese and marinated onions.





MEAL 2 | Black Bean Tostadas

This meal ends up being some sort of crazy cross between a salad, a taco, and a pizza. Whatever you call it, it's really filling and completely delicious. 40 minutes is a stretch on the prep time also. It's probably closer to 30.

Black Bean Tostadas

Yield: Serves 4 | Time: 40 min.

Ingredients:

Black Bean Mixture:

- 2 tablespoons olive oil
- 1/2 small red onion, diced
- 2 cloves garlic, minced
- 2 15-oz. cans black beans, drained and rinsed
- 1/4 cup water
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- Pinch of cayenne pepper
- Pinch of salt and pepper

Cilantro Yogurt Sauce:

- 1 cup yogurt
- 1/4 cup fresh cilantro, minced
- 1 lime, juiced
- Pinch of salt

- 6-8 six inch flour tortillas
- 8 ounces pepper jack cheese
- 1 avocado, diced
- 2 tomatoes, diced
- Green lettuce, chopped
- Cilantro, garnish
- Hot sauce, garnish

Directions:

- 1) Preheat oven to 350 degrees F.
- 2) In a medium pot over medium heat, add olive oil, diced red onion, and garlic. Cook for a minute or two until veggies soften.
- 3) Add beans, water, and spices and season with a pinch of salt and pepper. Bring to a simmer and mash the beans lightly with a large fork or potato masher until it's in a rough paste. Add more water if it's too thick. Keep warm over low heat.
- 4) For yogurt sauce, stir together ingredients in a mixing bowl and season with salt. Prepare other toppings: grate cheese, dice avocado and tomato, and chop lettuce.
- 5) Lay out flour tortillas on a baking sheet and bake for 5-7 minutes until tortillas start to get crispy.
- 6) Remove tortillas from oven and spread each one with a smear of bean mixture. Divide the bean mixture between your tortillas. Top with grated cheese.
- 7) Return tostadas to the oven and bake for another five minutes to melt cheese and crisp up tortillas.
- 8) Top tostadas with chopped lettuce, tomatoes, avocado, cilantro, and hot sauce. Serve immediately drizzle with yogurt sauce.





MEAL 3 | Chicken Taco Salad

The chicken for this dish has approximately one million applications in the Tex-mex world, but when it's hot out, I just want it served in a fresh salad like this. Don't forget the tortilla strips!

Taco Chicken Salad

Yield: 4 Servings | Time: 30 min.

Ingredients:

- 1 large head Romaine lettuce, chopped
- 1/2 small red onion, sliced thin
- 1 cup cherry tomatoes, halved
- 4 seared chili chicken cutlets
- 1 (15-oz.) can black beans, drained and rinsed
- 1 avocado, sliced
- 1 cup Cotija cheese, crumbled
- 1/2 cup salsa
- 1 lime, cut into quarters
- Sour cream, garnish
- Cilantro, garnish
- Crispy tortilla strips, garnish

Directions:

- 1) Wash lettuce well and chop it roughly. Divide lettuce between four plates or bowls and squeeze a lime wedge over the top of each plate.
- 2) Divide salsa over lettuce.
- 3) Top each salad with red onions, tomatoes, black beans, sliced chicken, avocado, and cheese.
- 4) Garnish each salad with a dollop of sour cream, fresh cilantro, and crispy tortilla strips.

Seared Chili Chicken

Yield: 8 Servings | Time: 20 min.

Ingredients:

- 1 pound chicken cutlets (4 cutlets)
- 2 tablespoons olive oil
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt

Directions:

- 1) Stir together spices in a small bowl. I like to mash them together in a mortar and pestle.
- 2) Add chicken cutlets to a bowl and sprinkle with olive oil. Then toss in spice mix and stir well to coat chicken.
- 3) Heat a cast iron skillet or other sturdy pan over medium-high heat. Once hot, add 4 chicken cutlets and cook for about 4-5 minutes per side until chicken is cooked through. If pan is dry, add another drizzle of oil.



Vegetarian Options

The best substitute for chicken in this dish is either to sear some peppers and onions using the same spice mix or make some extra tempeh from meal three and use that!

Crispy Tortilla Strips

Yield: 4 Servings | Time: 20 min.

Ingredients:

- 4 (6-inch) corn tortillas
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon chili powder

Directions:

- 1) Preheat oven to 350 degrees F.
- 2) Slice tortillas into small narrow strips and toss with olive oil, salt, and chili powder.
- 3) Spread strips out on a baking sheet and bake for 15 minutes, stirring a few times, until tortillas are crispy. Serve strips over salad.



BONUSES! | Important Tex-Mex Knowledge

These are two essential recipes if you want to cook Tex-Mex regularly. The taco seasoning is good on almost any protein. The guacamole is a nice riff on the classic version with lime juice because it turns out limes are really expensive right now.

Grapefruit Guacamole

Yield: Serves 4 | Time: 15 min.

Ingredients:

- 3 large, ripe avocados
- 1 small grapefruit
- 1 cup diced white onions
- 2 Serrano peppers, minced
- 2 tablespoons fresh cilantro, minced
- Salt
- Tortilla chips, for serving

Directions:

- 1) Mince onions and rinse them well under cold water to mellow them a bit.
- 2) Scoop out avocados and add to a bowl with other veggies. Mash together well.
- 3) Peel grapefruit. Use a paring knife to cut out each grapefruit segment, removing the fruit from the pith parts.
- 4) Add grapefruit segments to guacamole, breaking up the segments a bit as you add them.
- 5) Season guacamole with salt and serve with chips!



Macheesmo Taco Seasoning

Yield: 1/2 cup | Time: 10 min.

Ingredients:

- 1 tablespoon kosher salt
- 1 tablespoon peppercorns
- 3 tablespoons chili powder
- 2 tablespoons cumin seeds, toasted and ground
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon red pepper flakes
- 1/2 teaspoon cayenne pepper

Directions:

- 1) Toast the cumin, red pepper flakes, and peppercorns in a dry skillet over medium heat for 3-4 minutes until they are very fragrant.
 - 2) Grind the toasted spices with a mortar and pestle or a spice grinder.
 - 3) Stir together all the spices in a bowl. Store in an airtight bag or container for many months.
- Start with 1 1/2 tablespoons of seasoning per pound of chicken, beef, or veggie for tacos. Add the seasoning as the stuff cooks. Adjust according to your liking.



Spice Grinder/Coffee Grinder

You can interchange spice grinders and coffee grinders, but if you find yourself doing it frequently, it might be worth it to buy a second one.

To clean your grinder in between uses, grind some plain white rice in it. Never submerge it in water.



SHOPPING LIST

This is a full list of all the ingredients used in every meal in this week's plan. I recommend reviewing it for stuff you probably already have on hand before rushing out to the store and buying everything! If items on the list don't have amounts, it is most likely because the recipe uses a very small amount of that ingredient or it is used as a garnish.

Note: The taco seasoning ingredients aren't included in the below list.

Fresh Produce

- Avocados (5)
- Cherry tomatoes (1 cup)
- Cilantro (1 bunch)
- Garlic (2 cloves)
- Grapefruit (1)
- Green lettuce (garnish)
- Lime (3)
SUB: Lemons
- Poblano peppers (2)
- Red onion (2)
- Romaine lettuce (1 head)
- Serrano peppers (2)
- Tomatoes (2)
- White onion (1/2)
- Yam (1)

Meat, Poultry, Seafood

- Chicken cutlets (4 4 oz. cutlets)
- Chorizo (1 lb.)

Dairy

- Cotija cheese (1 cup)
SUB: Feta cheese
- Pepper jack cheese (8 oz.)
- Sour cream (garnish)
- Yogurt (1 cup)

Spices and Pantry Items

- Black beans (3 15 oz. can)
- Cayenne pepper (pinch)
- Chili powder (2 Tbsp.)
- Corn tortillas (4 6-in.)
- Cumin, ground (2 teas.)
- Flour tortillas (16-20 medium)
- Garlic powder (1 teas.)
- Hot sauce
- Kosher salt
- Olive Oil (5 Tbsp.)
- Paprika (1 teas.)
- Salsa (1/2 cup)
- Tortilla chips