

Fiesta!

South of the Border Foods



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L.I.V.E., Life InVital Eating, is a program designed to help you learn the importance of healthy eating and its effects on your mind, body and spirit. Join us for presentations on nutrition, food tasting, vegan cooking demonstrations and the opportunity to order healthy foods from Country Life through our food Co-op program.

Fiesta! South of the Border Foods

Texas Caviar

1 can pinto beans, drained and rinsed
1 can black beans, drained and rinsed
1 can black-Eyed peas, drained and rinsed
1 can white hominy, drained
2 tomatoes, chopped
1 small onion, finely chopped
2 cloves garlic, minced
½ cup olive oil
1/3 cup lemon juice
1 Tbsp salt
Dash cayenne pepper (optional)
Cilantro or parsley, chopped (about ½ - ¾ cup)

Mix all together. Cover and marinate in refrigerator for about 24 hours. Drain slightly and serve with tortilla chips or as a salad.

Nacho Cheeze Sauce

Blend in blender until smooth and creamy:

1 cup water
¾ cup raw cashews
3 Tbsp sesame tahini
1 ¼ tsp salt
4 Tbsp nutritional yeast flakes
2 tsp onion powder
1 tsp garlic powder
4 oz. jar pimento, drained
1 Tbsp lemon juice

Pour into saucepan and add:

1 cup salsa

Thicken over medium heat, stirring constantly.

Keeps about one week in refrigerator.

Use as dip for tortilla chips, or as topping for baked potatoes or haystacks.

Refried Beans

1 lb. dried pinto beans, sorted and rinsed 6 cups water 2-3 bay leaves Place above ingredients in crock pot and cook on high for about 6 hours until beans are very soft. Remove bay leaves. 2 Tbsp olive oil ½ green pepper, chopped 1 onion, chopped 3 cloves garlic, minced	2 tsp chili powder 1 ½ tsp cumin ½ tsp ground oregano dash cayenne pepper, optional 1 tsp garlic salt 2 tsp granulated onion 15 oz can tomato sauce 1 tsp Vege-sal (or use any seasoned salt or plain salt)
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When beans are done, sauté pepper, onion and garlic in olive oil until soft. Add spices and sauté a few minutes more. Keep pan on medium high heat. Add spoonfuls of beans to pan, a few at a time, and mash beans with potato masher. Continue adding and mashing beans until all have been added. You will need to add a few spoonfuls of bean water as well to achieve a soft consistency. When all the beans have been added, add tomato sauce and salt. Adjust seasonings to taste. Serve as haystacks over brown rice with corn chips, lettuce, tomato, onion, olives, peppers, salsa, cheese sauce, and/or tofu sour cream; or use in tacos, burritos, or other recipe calling for refried beans.

Moni's Deep Dish Taco Bake

Corn meal biscuit crust: 1 ½ cups whole wheat pastry flour 1/3 cup corn meal 1 Tbsp baking powder ½ tsp salt 2/3 cup soy milk 1/3 cup canola oil In a large bowl, mix together the flour, corn meal, baking powder, and salt until combined. Add the milk and oil, and stir just until the dry ingredients are moistened. Pat into a sprayed 8x8x2 baking dish, pressing ½ inch up on sides. Set aside.	Filling: 1 cup refried beans (above) 1 cup Morningstar farms griller style crumbles (or other burger substitute) ¼ cup salsa 1 Roma tomato seeded and chopped ¼ green pepper, seeded and chopped ¼ cup black olives, sliced ¾ cup nacho cheese sauce (above) ½ cup tofu sour cream sliced green onions, for garnish
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Mix together beans, burger crumbles and salsa. Spread over biscuit dough in pan. Top bean mixture with chopped tomato, green pepper and olives. Mix together cheese sauce and tofu sour cream and spread cheese mixture over vegetables. Bake at 375 degrees for 30 – 40 minutes. Garnish with green onions before serving. May serve with salsa, tofu sour cream or guacamole on the side

Michael's Mexican Lasagna

1 Onion Chopped	1 4oz can chopped green chilies
1 package fresh sliced mushrooms	1 tsp chili powder
1/3 Cup Water	1 tsp salt
1 14.5 oz can Fire Roasted Tomatoes	8 corn tortillas
1 14.5 oz can Diced Tomatoes	Nacho Cheeze Sauce
2 15 oz can's pinto beans-drained and rinsed	

Preheat oven to 350 degrees. Place the onion and mushrooms in a saucepan with the water and sauté for 2 minutes. Add the tomatoes, beans, chilies, chili powder and salt. Mix well and cook for 3-5 minutes.

Place 4 corn tortillas over the bottom of 9x12 in baking dish. Pour half of the bean mixture over the tortillas, pour cheeze sauce over this. Layer the remaining tortillas over the bean mixture, then pour the remaining bean mixture and cheeze sauce over the tortillas. Bake for 30 minutes.

Cuban Black Beans

1 lb. dried black beans, sorted and rinsed
6 ½ cups water
2 – 3 bay leaves

Place all ingredients in slow cooker and cook on high heat for about 6 hours, or until beans are soft. Set aside. (If you won't be home while beans are cooking and need to cook them longer, add an extra cup or so of water so they won't dry out.)

1 large onion, chopped	dash cayenne pepper
1 green pepper, chopped	2 ½ Tbsp Bragg's liquid aminos
4 – 5 cloves garlic, minced	2 Tbsp lemon juice
3 Tbsp olive oil	1 tsp Vege-sal
2 tsp cumin	additional salt to taste
1 tsp granulated garlic	¼ cup chopped cilantro
2 Tbsp granulated onion	

When beans are soft, sauté onion, green pepper and garlic in olive oil until softened. Add cumin, granulated onion and garlic, and cayenne (if using) and sauté a few more minutes. Add beans and cook until beans have thickened to desired consistency. Flavor with Bragg's, lemon juice, Vege-sal and additional salt, if needed. Adjust seasonings to taste. Stir in cilantro just before serving. Serve over fluffy brown rice. May top with raw onion, tomato, and/or tofu sour cream if desired.

Easy Oven Brown Rice

1 part brown rice
 2 parts water
 ¾ tsp salt for every cup of rice

Place in sprayed casserole dish. Cover and bake at 350 degrees for 1 ¼ hours.

Kim's Version of Houston's Chicken Salad

Lime Dressing/Marinade:

½ cup lime juice
 ½ cup honey
 4 Tbsp canola oil
 2 Tbsp Bragg's liquid aminos
 2 cloves garlic
 ½ tsp salt
 ¼ tsp red pepper flakes

Peanut Butter Sauce:

4 Tbsp peanut butter
 2 Tbsp Bragg's liquid aminos
 2 Tbsp lime juice
 4 Tbsp water
 2 tsp sesame oil
 Blend above ingredients together. Set aside.

Tortilla Strips:

Spray or brush ½ of a large tortilla with oil. Cut into small strips ¼ inch wide. Place on sprayed cookie sheet and bake at 400 degrees for 5 minutes. Watch closely so they don't burn.

"Chicken":

Soak ½ cup soy curls in hot water for 10 minutes. Drain and squeeze out excess water. Marinate in ½ cup lime dressing for 1 – 2 hours. Fry with marinade until crispy.

To assemble:

Make 4 small or 2 large salads with lettuce of choice and grated carrot.

Sprinkle each with tortilla strips.

Top with "Chicken."

Drizzle with 1 – 2 Tbsp EACH Peanut Sauce and Lime Dressing.

Enjoy!

Pina Colada Pie

Crumble Nut Crust:

½ cup unsweetened coconut
 ½ cup raw almonds
 2/3 cup whole wheat pastry flour
 ½ tsp salt
 2 Tbsp warmed honey

Place coconut, almonds, flour, and salt in food processor. Blend together for about 30 seconds. Then add honey and blend about 15 seconds. Turn off blender and test mixture with your fingers. If it seems too dry and crumbly add a bit more honey – just enough to feel soft and moist. It should stick together slightly when pressed. Be careful not to get it too wet or it will not be as tender and light when baked. Press into a lightly oiled pie plate. Bake at 375 degrees for about 10 minutes. Set aside.

Pina Colada Pie Filling:

½ cup raw cashews
 ½ cup pineapple juice
 ½ of a 19 oz can of crushed pineapple, drained (reserve other ½ of pineapple)

Blend above ingredients in blender until very smooth and creamy, then add:

2 cups pineapple juice
 ½ cup cornstarch

Blend again briefly to combine. Transfer mixture to a saucepan, then add:

1 -14oz can coconut milk
 1/3 cup honey
 ¼ tsp salt
 reserved pineapple
 ½ cup unsweetened coconut

Cook over medium heat, stirring constantly, until mixture thickens. Cool to room temperature. Pour into baked pie shell. Garnish with toasted coconut. Refrigerate until chilled and firm. Serve with whipped topping, if desired.

Brazil Nut Carob Cookies

2 cups Brazil nuts	1/3 cup ground flax seed
½ cup whole wheat pastry flour	½ cup carob powder
¾ tsp salt	½ cup maple syrup
	2 tsp vanilla

Blend nuts in food processor, then add all other ingredients to food processor and process briefly until combined. Form into 1 inch balls (or use cookie scoop) and place on ungreased cookie sheet. Flatten balls with palm of hand. Bake at 350 for 10-12 min. Watch carefully. They burn easily.