



Saucy Taco

Ingredients: Garlic, oregano, cumín, onion, tomato powder, smoked paprika, thyme, cornstarch, salt, black pepper, and cayenne pepper.

Uses: Use as a seasoning for your taco meat, use as a rub for fajitas, use in your Spanish rice recipe, add a dash to your enchilada sauce or a pinch to your guacamole. For fish tacos add a teaspoon to one-half cup of sour cream and use as a sauce.

Tacos: For one pound of ground meats (any kind will work) add two tbsp. mix and 1/2 of a yellow onion finely chopped. Heat a frying pan over medium heat and add one tsp. vegetable oil if using beef or one tbsp. vegetable oil if using a lean meat. Add meat and onion and brown. Drain off any excess fat and add spice mix and 1/2 cup water. Allow water to thicken and absorb before serving.

Fish Tacos: Take 1 lb. cod, or other white fish, dab dry with paper towels. Heat griddle or fry pan over med-high until pan is hot. Coat pan with cooking oil. Take fish and rub each side with taco seasoning. Place fish in pan and lower heat to medium cook until the sides of the fish become opaque then turn over and finish cooking fish on the other side. Just before removing fish from pan squeeze 1/2 lemon over fish and break fish into pieces. Place fish on platter and tent with foil to keep warm. Take 1/2 red or green cabbage and shred into thin strips. Chop 2 tbsp. cilantro and add to the cabbage. Squeeze one lime over cabbage mixture, toss to combine. For the sauce, take 1/2 cup sour cream and one tsp. chipotle sauce and mix together. Add 1/2 tsp. taco seasoning and mix thoroughly to create a smooth sauce. Heat corn tortillas in the microwave between two slightly damp paper towels for 30secs or until tortillas are soft and pliable. Serve with wedges of lime or lemon.

Fajitas: Using beef, pork, chicken, or shrimp, cut meat into short strips (excluding the shrimp) and add to a bowl with a lid or a zip lock plastic bag. For each lb. of meat add two tbsp. spice mix and one tbsp. vegetable oil. Give a good shake to ensure equal coating over meat/shrimp. For the beef, pork, and chicken cook over med-high heat either on a griddle or a frying pan. Make sure to have plenty of oil in pan to ensure your meat does not stick. When meats is to its desired temperature remove from pan and add 1/2 sliced onion, one red bell pepper thinly sliced and mushrooms to your pan. Make sure to add an additional tbsp. of oil to prevent sticking. Cook for about five minutes and add meat back to pan to heat up. For shrimp cook the vegetables first then add the shrimp at the end to cook. You can squeeze a little lemon juice over the shrimp just before removing from the pan. With seafood it is very important to not overcook. Shrimp is ready to eat as soon as it turns a nice pink usually around three minutes. Serve in warm tortillas with your favorite condiments.