



## Green Pozole with Chicken

<b>Prep Time</b>	10 mins
<b>Cook Time</b>	1 hr 20 mins
<b>Total Time</b>	1 hr 30 mins
<b>Yield</b>	16 porciones

### Ingredients

- 1 can of hominy 108 oz 3.06 Kg
- 1 whole chicken
- 2 garlic heads +4 garlic cloves divided
- 2 Tbsp salt
- 2 pounds tomatillos find these at the Mexican market and even in some general markets now. See photo below
- 2 1/2 medium white onions divided
- 1-3 Serrano peppers stems removed
- 2 bunches of cilantro
- 1/3 cup of pepitas optional, ask at your local Mexican market
- Up to 2 cups of water
- 1 iceberg lettuce head
- 1 bunch radishes
- 2 avocados
- 8-10 limes
- Dry oregano leaves
- 1-2 pack tostadas

### Instructions

1. Open the can of hominy and rinse well in a colander until the water is clear. Place the hominy in your largest pot, considering the hominy and the whole chicken are going to need to fit. If you don't have a large enough pot, split everything in half and place into two pots.
2. Clean and cut the chicken into 4 pieces and place it all in the pot with the hominy. Take the two garlic heads whole, rinse them and throw them in the pot, too. Lastly, put water in the pot until it covers everything so far. Bring it to boil and then lower the temperature to medium and let it simmer for 45-55 minutes or until the chicken is cooked.
3. Take the chicken out of the soup and let it cool. In the meantime, prepare the salsa: You may need to do this part in batches, unless you have an industrial blender. In a blender, mix well the 4 cloves of peeled garlic, half an onion, two pounds of tomatillos (peeled and wash), serrano chiles (to taste, one for flavor, two for heat), cilantro and pepitas. Add up to two cups of water in order to blend smoothly.
4. Add the salsa to the soup pot with the hominy and let it simmer for 15-20 minutes on low heat until the salsa changes in color from bright green to olive green. Add salt and test for taste. The soup is ready to serve.
5. While the broth is simmering with the salsa, shred the cooked chicken by hand. At this point, you have two options, either add the shredded chicken straight to the pot or keep the chicken separate and add a little bit to each bowl as you serve it to make sure everyone who wants some gets some.

### Serving the Pozole

1. Wash the lettuce and finely chop. Wash and finely slice the radishes and chop the remaining onions. Slice the avocados and cut the limes into halves.
2. Serve the soup in a traditional ceramic pozole dish, or a bowl, adding some shredded chicken, lettuce, radishes, chopped onion, avocado, a pinch of dry oregano, and lime juice.

3. Accompany with tostadas (by tostadas, I mean fried tortillas, you can get them at Mexican markets or check the Hispanic Food aisle at your store)

©Mama Latina Tips Media  
www.mamalatinatips.com

*Farm to Table Sponsors*



Arvest Bank  
Healthy Nevada  
Shelter Insurance



## Guacamole Shrimp Bruschetta

### Ingredients

- 1/2 pound cooked shrimp, tails removed
- Juice of 1 lime (about 1 teaspoon)
- 2 to 3 tablespoons fresh cilantro, finely chopped
- 1/8 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup guacamole (store-bought or homemade)
- 1 baguette loaf

### Instructions

1. Cut each shrimp into quarters. (The shrimp is going on the bread rounds and you want to get some in every bite, not try to bit through 1 shrimp.) Place the shrimp in a small mixing bowl.
2. To the shrimp, add the lime juice, cilantro, cumin, oregano, salt, and pepper. Stir to combine. (Don't worry if there's extra lime juice in the bowl.)
3. Cut the baguette into 1/4-inch thick slices. You can use to bread as is, or brush each slice with olive oil and bake at 350 degrees F until crispy and golden.
4. Spread 1-2 tablespoons guacamole on top of each bread slice. You can use more of less to taste, but you want a good layer of guac.
5. Spoon about 1 tablespoon of the shrimp on top of each bread slice.
6. Serve immediately.

### *Farm to Table Sponsors*



Arvest Bank  
Healthy Nevada  
Shelter Insurance



## Bacon-Wrapped Jalapeno Poppers

<b>Prep Time</b>	15 mins
<b>Cook Time</b>	15 mins
<b>Total Time</b>	30 min
<b>Yield</b>	24 poppers

### Ingredients

- 1/2 cup cream cheese
- 1/2 cup shredded sharp Cheddar cheese
- 12 jalapeno peppers, halved lengthwise, seeds and membranes removed
- 12 slices bacon

### Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
2. Mix cream cheese and Cheddar cheese together in a bowl until evenly blended. Fill each jalapeno half with the cheese mixture. Put halves back together and wrap each stuffed pepper with a slice of bacon. Arrange bacon-wrapped peppers on the prepared baking sheet.
3. Bake in the preheated oven until bacon is crispy, about 15 minutes.

### *Farm to Table Sponsors*



Arvest Bank  
Healthy Nevada  
Shelter Insurance



## Mexican Chopped Salad

<b>Prep Time</b>	25 mins
<b>Cook Time</b>	25 mins
<b>Total Time</b>	50 mins
<b>Yield</b>	8 servings

This Mexican Chopped Salad might just be the freshest, healthiest, most delicious salad you've ever had the pleasure of meeting. And it's loaded with fabulous Southwestern flavor!

### Ingredients

#### Ingredients for the dressing:

- ¼ cup fresh lime juice
- 2 tablespoons honey
- ½ teaspoon cumin
- 1 clove garlic finely minced
- ½ teaspoon salt
- 2 tablespoons canola oil
- 2 tablespoons extra virgin olive oil
- freshly ground black pepper
- taste and add salt if needed

#### Ingredients for the tortilla strips:

- 6 6- inch corn tortillas
- 1 ½ tablespoons canola oil
- ½ teaspoon sea salt

#### Ingredients for the salad:

- 1 medium head romaine lettuce chopped in approximately 1/2 inch pieces
- 1 medium bell pepper diced in 1/4-inch pieces\*\*, any color (I used orange)
- ½ medium red onion diced in 1/4-inch pieces\*\*
- ½ medium jicama peeled and diced in 1/4-inch pieces\*\*
- 1 medium zucchini diced in 1/4-inch dice\*\*
- 4 medium tomatoes seeded and diced into 1/4-inch dice\*\*
- 4 ears corn if fresh corn is not in season, substitute 1 1/2 cups of sweet, tiny frozen corn
- 1 1/2 cups canned black beans drained and rinsed
- 1/2 cup finely chopped cilantro plus whole cilantro leaves for garnish, if desired
- instructions

### Instructions

1. For the dressing, combine lime juice, honey, cumin garlic and salt.
2. In a slow, steady stream, add the oils, stirring continuously with a fork or small whisk.
3. Taste and add more salt and pepper, if needed. Set aside.
4. For the corn tortilla strips, preheat oven to 400°F.
5. Stack corn tortillas on a cutting board. Cut in half. Cut each stack of halves into thin strips, widthwise, about 1/4-inch thick.
6. Transfer tortilla strips to a sheet pan. Drizzle with oil. Sprinkle with salt and toss to coat.
7. Bake for 15-20 minutes, stirring every 5 minutes, or until light golden brown and crisp. Set aside to cool.
8. For the salad, place corn, two ears at a time, in the microwave and cook for 3 1/2 minutes.
9. Remove from microwave with a hot pad and allow to cool for 5 minutes.
10. After cooling, cut bottom end of corn off, about 1 1/2 inches from end. Pull back husk and silks (almost all of the silk should easily pull away). Cut kernels from husks and set aside.
11. Combine corn and other salad ingredients in a large bowl. Stir to combine. Add dressing and stir to coat all ingredients. Garnish with cilantro leaves, if desired.
12. Serve with tortilla strips on top or place a bowl on the side and let guests help themselves.

*Farm to Table Sponsors*



Arvest Bank  
Healthy Nevada  
Shelter Insurance



## Barbacoa Recipe

<b>Prep Time</b>	10 mins
<b>Cook Time</b>	8 hours
<b>Total Time</b>	8 hours 10 mins
<b>Yield</b>	10 servings

This Mexican Barbacoa Recipe is made in the slow cooker or Instant Pot for easy and flavorful shredded beef that can be served in tacos, salads, burritos and more! (gluten free, low carb, paleo)

### Ingredients

- 3 pounds boneless chuck roast
- salt and pepper, enough to coat meat
- 1 onion, quartered
- 2 teaspoons minced garlic (about 4 cloves)
- 1 bay leaf
- 4 chipotle peppers in adobo sauce, diced
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 tablespoon apple cider vinegar
- 1/4 cup water
- for serving: cilantro, red onions, tortillas and lime wedges

### Instructions

1. Cut the chuck roast into large chunks, removing any excess fat. Generously season all sides of the meat with sea salt and black pepper.
2. Heat a large skillet over medium-high heat. Add the meat and sear on all sides.
3. Place the meat and all other ingredients in a slow cooker. Mix together to coat the meat with all the herbs and spices.
4. Cover and cook on low for 8 hours, or on high for 4-5 hours. When tender, shred the meat by pulling it apart with a fork. Taste and season with more salt as needed.
5. Serve barbacoa in warm corn tortillas with chopped red onions, cilantro and lime juice.

### *Farm to Table Sponsors*



Arvest Bank  
Healthy Nevada  
Shelter Insurance



## Tacos Al Pastor

<b>Active Time</b>	30 mins
<b>Total Time</b>	1 to 2 days
<b>Yield</b>	6 to 8 servings

### Ingredients

- **For the Pork:**
- 2 whole ancho chilies, seeds and stems removed
- 2 whole pasilla or guajillo chilies, seeds and stems removed
- 1/2 cup homemade or store-bought low-sodium chicken stock
- 2 teaspoons vegetable oil
- 1 teaspoon dried Mexican oregano
- 1 teaspoon dried ground cumin seed
- 1 tablespoon achiote powder or paste
- 1 chipotle chili packed in adobo sauce, plus 2 teaspoons sauce from can
- 1/4 cup distilled white vinegar
- 3 whole cloves garlic
- 2 1/2 teaspoons kosher salt
- 2 teaspoons sugar
- 2 pounds boneless blade-end loin or sirloin pork roast
- 8 ounces (1/2 pound) sliced bacon
- **To Finish and Serve:**
- 1 small pineapple, peeled, cored, and cut into quarters lengthwise
- 32 to 48 corn tortillas, **heated and kept warm**
- 1 medium white onion, finely diced (about 1 cup)
- 1/2 cup finely minced fresh cilantro leaves and tender stems
- 1 cup **basic salsa verde** or your favorite salsa
- 3 to 4 limes, cut into 8 wedges each for serving

### Directions

1. Place chilies in a large saucepan over medium high heat and cook, turning chilies occasionally, until puffed, pliable, lightly browned in spots, and very aromatic, about 5 minutes. Add chicken stock (it should boil immediately), then pour contents of pan into a small bowl. Cover loosely and set aside.
2. Wipe out saucepan, add oil, and return to medium-high heat until oil is shimmering. Add cumin, oregano, and achiote and cook, stirring frequently, until aromatic but not browned, about 30 seconds. Add chipotle chilies and sauce and cook until aromatic, about 30 seconds longer. Add vinegar, salt, and sugar and remove from heat.
3. Scrape contents of saucepan into a blender along with garlic and chilies with their soaking liquid. Blend on high speed until completely smooth, about 1 minute, scraping down sides as necessary. Set sauce aside to cool slightly.
4. Using a very sharp chef's knife or slicing knife, slice the meat as thin as possible. If necessary, place meat in freezer for 15 minutes to firm it up. Split the sides of a heavy duty zipper-lock bag. Place one slice of meat inside bag and pound with the bottom of a heavy 8-inch skillet or a meat pounder until less than 1/4-inch thick. Transfer to a large bowl. Repeat with remaining meat.
5. Add marinade to bowl and toss with hands until every piece of meat is evenly coated in marinade.
6. Line the bottom of a disposable aluminum loaf pan with bacon. Add a layer of thin-sliced marinated meat. Continue layering in bacon and meat until all the meat is used up. (It may

pile above the pan a little bit. This is ok.) Cover tightly with plastic wrap and refrigerate for at least 4 hours and up to 36.

7. **To cook indoors:** preheat the oven to 275°F. Uncover aluminum loaf pan and place on a foil-lined rimmed baking sheet. Transfer to oven and cook until meat is completely tender (It will drip lots of fat), about 4 hours. Remove from oven, allow to cool slightly, cover with aluminum foil, and refrigerate for at least 2 hours and up to overnight.
8. **To cook outdoors:** light half a chimney of charcoal and allow to preheat until coals are mostly covered in gray ash. Spread out under one half of coal grate, and place cooking grate on top. Alternatively, set one set of burners on a gas grill to low and leave the remaining burners off. Unwrap aluminum loaf pan and place directly over cooler side of grill, placing a drip pan underneath if desired. Cover grill and cook until loaf registers 180 to 190°F in the center, about 4 hours, adding more coals to grill or adjusting burners as necessary to maintain an air temperature of around 275°F for the duration of cooking. Remove from grill, allow to cool slightly, cover with aluminum foil, and refrigerate for at least 2 hours and up to overnight.
9. **To Serve:** Preheat oven to 350°F. Remove cooked meat from aluminum tray, scraping off any fat or jellied juices from its sides. Use a spoon to collect fat and juices from tray, reserving each separately. Using a sharp chef's knife or slicing knife, slice meat as thinly as possible to create fine shavings of meat and fat. Transfer to a bowl.
10. If fat from meat is solid, heat gently in the microwave or in the oven until melted. Transfer pineapple pieces to a rimmed baking sheet lined with aluminum foil. Brush with fat. Transfer to oven and roast until completely tender, about 25 minutes. Remove from oven and allow to cool slightly.
11. About 10 minutes before pineapple is done roasting, transfer meat and 1 tablespoon of fat to a large cast iron or non-stick skillet. Heat over medium high heat, stirring occasionally, until meat crisps and deeply browns in spots. Add any reserved juices and toss to combine, allowing it to cook until reduced to a moist glaze. Transfer meat to a warmed serving bowl.
12. Chop roasted pineapple into large chunks. Serve meat and pineapple immediately with warmed tortillas, onions, cilantro, salsa, and lime wedges. Meat will be very moist and should be packed into double-stacked tortillas for serving.

### ***Farm to Table Sponsors***



Arvest Bank  
Healthy Nevada  
Shelter Insurance



## Tres Leches (Milk Cake)

*Recipe By:*Stephanie

"This cake is made with three layers: Cake, filling, and topping. There are 4 types of milk in the filling and topping (whole milk, condensed milk, evaporated milk, and heavy cream). This is an excellent cake for milk lovers!"

### Ingredients

#### Ingredients for the cake:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup unsalted butter
- 1 cup white sugar
- 5 eggs
- 1/2 teaspoon vanilla extract

#### Ingredients for the cake:

- 2 cups whole milk
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 1/2 cups heavy whipping cream
- 1 cup white sugar
- 1 teaspoon vanilla extract

### Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch baking pan.
2. Sift flour and baking powder together and set aside.
3. Cream butter or margarine and the 1 cup sugar together until fluffy. Add eggs and the 1/2 teaspoon vanilla extract; beat well.
4. Add the flour mixture to the butter mixture 2 tablespoons at a time; mix until well blended. Pour batter into prepared pan.
5. Bake at 350 degrees F (175 degrees C) for 30 minutes. Pierce cake several times with a fork.
6. Combine the whole milk, condensed milk, and evaporated milk together. Pour over the top of the cooled cake.
7. Whip whipping cream, the remaining 1 cup of the sugar, and the remaining 1 teaspoon vanilla together until thick. Spread over the top of cake. Be sure and keep cake refrigerated, enjoy!

### Farm to Table Sponsors



Arvest Bank  
Healthy Nevada  
Shelter Insurance



## Candied Pecans

<b>Prep Time</b>	2 min.
<b>Cook Time</b>	3 min. (plus cooling)
<b>Total Time</b>	2 min.
<b>Yields</b>	About 1 cup

## Ingredients

- 1 1/2 tablespoons packed brown sugar
- 1 1/2 teaspoons water
- 1/8 teaspoon vanilla
- 1/8 teaspoon kosher salt
- 1 cup pecan halves

## Instructions

1. In a small bowl, combine brown sugar, water, vanilla, and kosher salt, stirring to combine (don't worry that the sugar and salt won't all be dissolved). Set this at-the-ready, next to your stove, as this recipe goes really quickly.
2. In a medium-large saucepan over medium heat, toast pecans for 2-3 minutes, stirring occasionally to prevent burning. When you begin to smell a lovely, nutty aroma, they're done.
3. Quickly drizzle the sugar mixture into the pan, on top of the pecans, stirring the nuts as you drizzle. Stir constantly for about 15 seconds, until the pecans are thoroughly coated in the sugar mixture. Immediately remove from heat so they don't burn.
4. Spread the pecans on a piece of parchment to cool. Once cooled, you can break the nuts apart, if needed.
5. Enjoy immediately or store in an airtight container. The pecans will be slightly sticky at first, but the coating hardens further within a few hours.

### *Farm to Table Sponsors*



Arvest Bank  
Healthy Nevada  
Shelter Insurance