

GROUND BEEF TACO GRINGO

Prep time: 10 minutes | Cook time: 10 minutes

INGREDIENTS

500g beef mince
1 garlic clove, peeled
1/4 white onion
1 bay leave
1 tsp salt
1 tsp black pepper
1/2 tsp ground cummin
1 tbsp vegetable oil

To serve:

10-12 hard shell tacos
1 cup shredded fresh lettuce
1 cup shredded cheese
1/2 cup red onion, sliced
1 cup Mexican salsa



GUACAMOLE SALSA TAQUERO

Prep time: 5 minutes | Cook time: 10 minutes

INGREDIENTS

1 can cooked tomatillos (without liquid) or 250g raw green tomatillos.
1-2 jalapeño chilies
1/2 white onion
1 garlic clove, peeled
Flesh from 2 ripe medium size avocados
1 bunch fresh coriander, roughly chopped
1 tbsp freshly squeezed lime juice
1 tsp salt



DIRECTIONS

1. Place the beef mince, garlic, white onion and the bay leave in a pot and cover it with water.
2. Bring to a boil over medium heat and cook for about 5 minutes. Remove the beef from the pot and reserve.
3. In a skillet over medium heat add the vegetable oil. Once it is hot, add the ground beef and break it apart with a wooden spoon.
4. Add in the cumin, salt and pepper. Cook, stirring and breaking apart the beef often, until it is just browned and a little bit crispy. Remove the beef from the heat.
5. Serve the ground beef in the hard shell tacos.
6. Top your tacos with fresh lettuce, cheese, slices of red onion and your favourite Mexican salsa.

NOTE

This taco recipe is the classic Tex-Mex style version of tacos that many North American people grow up with. Although it is not traditional Mexican it is so very yummy!



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DIRECTIONS

1. Place the green tomatillos (only if raw tomatillos) with the white onion, garlic and the jalapeño chilies into a medium pot.
2. Add water until the ingredients are partially submerged. Bring to a boil over medium heat for about 5 minutes or until slightly softened. Leave to cool.
3. Blend with the rest of the ingredients without liquid, to a smooth salsa. Season to taste.
4. Serve immediately with your favourite tacos.

SERVING IDEAS

This salsa is great over pork carnitas, grilled chicken and grilled seafood tacos.

NOTE

Canned green tomatillos can be purchased at any Latin food store.



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MEXICAN MOLLETES

Prep time: 10 minutes | Cook time: 10 minutes

INGREDIENTS

1 cup refried beans
100g shredded cheese
1 large French-style baguette
1 cup Pico de Gallo Salsa

Pico de Gallo Salsa:

2 medium size tomatoes, diced
1/4 white onion, diced
1 jalapeño chili, diced
1 bunch fresh coriander, chopped
1 tbs lime juice
1 tsp olive oil
1 tsp salt



SALSA ROJA POTATO TACOS

Prep time: 10 min | Cook time: 15 min

INGREDIENTS

500g unpeeled cooked (boiled)
baby potatoes, cubed
1/2 white onion, sliced
1 tsp vegetable oil

Salsa roja:

4 medium tomatoes
1/4 white onion
1 garlic clove, peeled
1 jalapeño chili
1 tsp salt

To serve:

10-12 corn tortillas
1 cup fresh feta cheese



DIRECTIONS

1. Cut the baguette into 2 or 3 pieces. Then cut each piece along the lengthwise.
2. In a skillet comal or saucepan over low-medium heat, place all pieces of bread for a few minutes to crisp them up a little bit. Alternatively, you can use a grill oven.
3. Remove the bread from the heat and with a spoon or a spatula spread a generous layer of refried beans over each piece of bread.
4. Add some cheese on top each bread. Return the bread to the comal and leave it over low heat until the cheese is completely melted.
5. Remove the "molletes" from the heat and add some Pico de Gallo salsa on top.
6. Serve immediately.

PICO DE GALLO SALSA

To make the traditional Pico de Gallo Salsa or Salsa Mexicana (Mexican salsa), just incorporate all the ingredients in a bowl and mix very well. This salsa goes with anything and will keep for a couple of days. Enjoy!



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DIRECTIONS

Salsa Roja:

1. Place the tomatoes with the onion, garlic and the jalapeño chili into a medium pot. Add water until the ingredients are partially submerged. Bring to a boil over medium heat for about 5 minutes, just until the ingredients begin to soften.
2. Blend all together with salt and 1/2 cup of the boiled water to a smooth salsa. Reserve.

Potatoes:

1. Heat a skillet with vegetable oil. Place the sliced onion, stir and cook down over medium heat until translucent.
2. Add the potatoes, stir and cook until slightly browned.
3. Pour the salsa roja over the potatoes and simmer over low-medium heat for about 5 minutes.
4. Serve in tacos topped with fresh feta cheese and your favourite Mexican street taco salsa.



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VEGAN TUTTI FRUTTI TACO

Prep time: 10 minutes | Cook time: 10 minutes

INGREDIENTS

- 1 large zucchini, julienned
- 1 medium capsicum, julienned
- 3 medium carrots, julienned
- 1 cup green beans, julienned
- 1 cup button mushrooms, sliced
- 1 cup broccoli florets
- 1/2 white onion, sliced
- 1 tbsp olive oil
- 1 tsp black pepper
- 1 tsp salt
- 10-12 corn tortillas



DIRECTIONS

1. Heat a skillet with olive oil. Add the onion and cook until translucent over medium-high heat.
2. Add one kind of veggie at the time, stir and cook for 2 minutes each until crisp-tender.
3. Season with salt and pepper. Cook for 2 more minutes and reserve.
4. Heat the corn tortillas until soften and build the tacos up with the sauteing veggies.

SERVING IDEAS

For taco toppings use some thinly sliced red cabbage and/or iceberg lettuce, sliced radish, avocado and some roasted seeds such as sunflower or sesame seeds. Finally, add your favourite Mexican street taco salsa.

NOTE

Use as many vegetables as you want. More is better.



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