

Ken's version

Beef Fajita Bowls



INGREDIENTS:

- 1 cup - uncooked Regular Long-Grain Rice
- 1 pound - Boneless Beef Sirloin Steak
- 2 tbsps. - Vegetable Oil
- 1 package (11 oz) - Old El Paso™ Flour Tortillas for Burritos (8 Count), cut into 4x1/2-inch strips
- 1 bag (1 pound) - Frozen Stir-Fry Bell Peppers and Onions
- 1/2 cup - Frozen Corn ** 1 cup - Mild Thick & Chunky Salsa
- 2 tbsps. Lime Juice ** 2 tbsps. - Chili Sauce
- 1/2 tsp Ground Cumin ** 2 tbsps. Chopped Fresh Cilantro

DIRECTIONS:

- 1.) Cook rice as directed on package.
- 2.) Meanwhile, cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices.
- 3.) Heat 12-inch nonstick skillet over medium-high heat. Add oil; rotate skillet to coat bottom. Cook tortilla strips in oil 1 to 2 minutes on each side, adding additional oil if necessary, until golden brown and crisp. Drain on paper towel.
- 4.) Add beef to skillet; cook and stir over medium-high heat 4 to 5 minutes or until beef is no longer pink. Remove from skillet.
- 5.) Add bell pepper mixture and corn to skillet; cook and stir 1 minute. Cover and cook 2 to 3 minutes, stirring twice, until crisp-tender. Stir in beef, salsa, lime juice, chili sauce and cumin. Cook 2 to 3 minutes, stirring occasionally, until hot. Stir in cilantro. Divide rice among bowls. Top with beef mixture and tortilla strips.

Ken's

Re-Fried Bean Nachos



INGREDIENTS:

- 4 cups - small round Corn Tortilla Chips
- 1 cup - Old El Paso™ Vegetarian Refried Beans
- 1/2 cup - Mild Salsa, Ken's or store bought
- 1/2 cup - Chopped Green Onions (8 medium)
- 2 cups - Shredded Mexican Cheese blend or (Cheddar or your choice)
- If you like hot, add 2 tbsps. - Old El Paso™ Hot Jalapeño Slices

DIRECTIONS:

- 1.) Heat oven to 400°F. Line 12-inch pizza pan or 15x10x1-inch pan with foil; spray with cooking spray. Spread half of chips evenly on pan.
- 2.) In small bowl, mix refried beans and salsa. Drop about half of mixture by small spoonfuls over chips. Top with half each of onions and cheese. Repeat layers ending with cheese.
(Alternate 2.) ** If Making Hot: In small bowl, mix refried beans and salsa. Drop about half of mixture by small spoonfuls over chips. Top with half each of jalapeño slices, onions and cheese. Repeat layers ending with cheese.

Ken's Beef Burritos



INGREDIENTS:

- 1 lb. - Lean Ground Beef ** 1 cup - Chopped Onion
- 2 Large - Garlic Cloves, minced
- 2 tsps. - Chili Powder ** 1 tsp. Ground Black Pepper
- 1/2 cup - Mild Taco Sauce
- 16 ounce can - Fat Free Refried Black Beans
- 6 10-inch - Flour Tortillas
- 3/4 cup Daisy Sour Cream
- 1 1/2 cups - Finely Shredded Mexican Cheese blend

Prep Time 5mins
Serve 40mins
Servings 6

- DIRECTIONS:** 1.) Cook the ground beef in large nonstick skillet over medium-high heat 5 to 7 minutes or until thoroughly cooked, stirring frequently; drain.
- 2.) Add the onion, garlic, chili powder, cumin and taco sauce to the meat and stir. Cook for 5 minutes or until thoroughly heated and the vegetables are tender, stirring frequently.
- 3.) Spread 1/3 cup of refried beans on the bottom 1/3 of each tortilla, leaving 1-inch around bottom and edges. Spoon 1/3 cup of the meat mixture over beans. Top the meat with 1 tablespoon of sour cream and 1/4 cup of cheese.
- 4.) Start rolling up from bottom, enfolding the filling. Fold in the sides and continue rolling up
- 5.) Heat the oven to 375 degrees. Spray all sides of the burritos with cooking spray. Place burritos on a cookie sheet, seam sides down. Bake for 12 to 14 minutes or until thoroughly heated and browned, turning over once.
- 6.) Top with dollops of the remaining sour cream.
- 7.) *Optional: for soft burritos, place each unbaked burrito on an individual microwavable plate. Microwave individually on High 1 minute or until thoroughly heated.

Ken's Mild Salsa



Servings: 14 (about 4.5 cups) Prep: 5 minutes ** Ready in: 5 minutes
I only tolerate a very mild salsa, but you can make it as "Hot" as you like. Tastes best when refrigerated for several hours before serving.

INGREDIENTS:

- 1 1/4 lbs. - Ripe Roma Tomatoes* (about 5 - 6)
- 1 (14.5 oz) can - Petite Diced Tomatoes
- 2 - Green Onions, ends trimmed, chopped into thirds
- 1/3 cup - Chopped Red Onion (about 1/4 of a medium)
- 1/3 cup - Fresh Cilantro (about a handful)
- 1 large clove - Garlic, roughly chopped
- 2 Tbsp - Fresh Lime Juice
- 1/2 tsp Chili Powder
- 1/4 tsp - Ground Cumin
- 1/2 tsp - Granulated Sugar (optional)
- Salt and Pepper to taste

OPTIONAL:

If you want it hot, 1 - Jalapeno Pepper, seeded and roughly chopped

DIRECTIONS:

- 1.) Combine all ingredients in a food processor and pulse in 1 second bursts until all ingredients are finely chopped.
- 2.) Serve with tortilla chips. Note that salsa always tastes best after it's been refrigerated for a few hours, so if time allows let the flavors marinate together before serving.
- 3.) Store in refrigerator for up to 1 week.