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suburban life inside



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Aller Sandesters

Luston

(F)19



Shopping Cart

nul Sausage Tostadas use tostada shells, retried beaus with sausage; leftuce; tomatoes, shredded

As you probably know, Mexican food is the fasi-est growing ethnic food in the country. It is now second only to Italian food in grocery store sales. For years Mexican food has been a staple in the Southwest and West, but now it is gaining opniari-ty in the rest of the country. You see this in the growing number of Mexican restaurants and Mexi-can items on the menu in other eating places. When you start cooking Mexican dishes at home, you discover that it isn't all hot and spicy. Usually the sauce adds the heat, and you control that with hot, medium or mild varieties. One advantage of Mexican cooking, besides the delicious flavors, is

that it is relatively inexpensive and very nutritious. And, you never have the problem of "picky entern" when you serve taces or enchildas. Adapting Mexican food to family menus isn't dif-ficult with the sauces, torillas, chilles and other products available in your supermarket. But one question often asked is, "What do you serve with taces, enchiladas and chimichangas?"

ONE POPULAR item, of course, is guacamole. There is also rice, corn and refried beans. The latter is as popular in Merico as potatoes are here. To serve refried beans as a side dish, you can simply



Crisp. folded Ouesaallas are sonther Allen when some when where a construction of classifier of the source of a are topped with succumple and served with new source. For those who would like a zerier flavor, top with allerd lalapse.

open a can, heat and serve. Or you might like to add extra seasonings to the beans such as tace sauce, chilies or cheese. Fresh vegetables also go well with Mexican dish-es. Serve tomato wedges with chopped cliantro or paraley, avocado silces, cabhage slaw with chopped green chilies or simply a mixed green salad.

Although you may not immediately think of soups as Mexican, in Mexico a soup is often served at the beginning of a meal — or as a cone-dish meal. Light soups such as Garpacho or Tortilla Soup, below, are excellent starters for a Mexican meal.

And for dessert, yon can serve any number of "sweets" such as flan, lime or chocolate pie. Fresh fruits also make an ideal ending to Marican meals. Try sliced oranges with chopped almonds, melon balls (or wedges), strawberries, fresh pinespple or bananas.

Mexican flavors also add variety to breakfast or brunch. Try Huevos Rancheros, or simply add chopped chilies to scrambled eggs or an omelet and top with taco sauce. Below are Mexican favorites which your family will note will enjoy.

Chimichangas

pound ground beef can (10 or) tomatoes and green childes envicope (14 or) too pessooning mix 2 floor toetillas, 6-bach caps altredded leituee caps (16 or) abrodded Cheddar chocse to cap sloredded (Seedar chocse to cap sloredded (Seedar chocse to cap sloredded (Seedar chocse to cap slored green onloss to cap slored green onloss

1'd Cripi store searce Brown ground boef in medium skillet. Drain fat. Simmer 5 minutes groon 14 cmp of meet mixture along one copie of torilla. Floi hearset dege ever to ever filling. Fold in both sides, envelope fashion. Roll and secure with koothpack. Fry in 1 lack of hot. of lambda, turning as necessary. Drain on paper twels. Keep warn wilke priparing obsers. Before serving, top each chinichangs with 16 cmp lettices, 14 rup checes, 15 green onloss ind 3 this pato sature. Serve immediately. Makes 13 chinichanges.

Huevos rancheros

tortillas or flour b chopped onion s garlie, adaced vegetable oil ps (14 os) cauned b caus (4 os ench) chopped try noit, divided arege d group chilles

aga tap pepper :ap (4 ot) ikredded Cheddar chorse cop batter, melted

Pry tortilles in 1 inch of hot oil unill cringy. Liou a jelly-cell pan with tortillas. Oxek orden and garlie in 8 they oil unit it coder. Stir in transfers, grove chilles and is top sail. Four over tortillas. Probast over to 30 degrees. Carterilly transfers, genge one out of seach tortilla Spinkto remaining mit, peopor and chosen over eggs. Defibile better overar cover. Bala for 13 minutes. Serve immediately. Makes 6 servings.

Burritos

tilles, 10 Inch

2 floor toriuses, a large noise, (kopped large brite; cass (18 or nech) refried beaus or refried be still gross childs or refried beaus with sansage i reps (12 or) stredded Cheofar checes i ergs (12 or) stredded Cheofar checes I ergs (12 or) stredded Cheofar checes I ergs and bettene; Taco sance or tomatoes and groen chilles

Prehest form to 350° Wrap stack of torillas tight-ly in folk host is oven for 15 minutes. Cook colon in botter will translocent. Add beaux rook and site un-til hostod inrough. Spora about 50 cop boan mixture onto each torillas near one edge. Top will choese, lettere, tomato and 3 they of inco succe or to cover ling. Poid in both side survolps fashion. Roll and arrange on baltag sheet. Baka for 18 minutes or will hested through ferre will know save or tomatoes and green chilles. Kaken 13 burrites.

Fiesta casserole

Preduct over to 520°. Combine sonp and process chasse spund, military mill well blended. Add midd-ca and green dilles. Eprend is crop of chickess min-ture over bottom of a Separat sectoragic balan-dis. Layer four of the torifice, disping and in the willow anary, and you did the remaining disting

nes, and one third of the runal report layers two more those

15 minutes. Top will belince and ionostors. I Michael Colling according to To percent power 1 21 to 27 minutes or unit bested throughout. The intes forting exching time.

C. C

n (194 oz) cream of chicken sorp :-

r (8 as) postoarized persona ch (pe charped, scalard ar echenof (2 (4 at) chepped grocs chilles, mar fortfiles

1 con (19 ct) mild enchiloden 1-3 cups shroided fotores 16 cup chopped tomaton

Beef and bean enchiladas

I pound ground beef % cup chopied onion I package (1% cu) nace beamsoning mix I can (16 cu) refried beams with assault groun chilles or refried beams with assault 1 can (18% cu) beef component, divides and to an (18% cu) beef component, divides and the statement of the statement of the statement the statement of the

l can (11 oz) corn fortillas l can (19 oz) enchilada sauce

1 large tomato, choppoi 1 csp (4 oz) skroddol Ch olian c

Brown ground beef and onlon in large skillet. Drain fat, 57t in seasoning mix, beams and 14 cup consomme. Cool over medium heat mill thickneed, stirring occessionally, about 16 to 18 minutes. Re-move from heat. Fry toutillas, one at a time in het di for a fors seconds on each adds, eatill lings. Drain on paper towels. Probast oven to 575. FIII such tartilla with 4 cup meat instrume. Roll itighty and place seam-side down in a 18-s-black backing disk. Com-heat vanaling consomme with sechlaring state, com-Poin over suchlades. Byrinkle with toursite and choeses. Bates for; 18 to 50 minutes. Cool slightly, Makes 6 to 8 servings.

Taco salad

Tortilla soup

Dil far frying

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1 cam (18 an) \$ Longo Linno Julco Largo Linno alicon

Cut tortilles in 3-2-W-took strips, Pry tortilles in small second of hot all well beyons and crisp. Drain on spope towers: Head 5 and registrable oil in a large surgent. Add onless and smith well well as large green chills. Both, chicken full & there are a lime juics. To serve, pass into short both cautor of each both lattice. Frost a time alter in the cautor of each both lattice. Heavings

Four-bean salad

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s tomato, excepted s formato, excepted

Couldre pinte beste, garbanes, green ipane and sur beas in a large bort. And green party and points in a surely servin all surger, said evolution garba persons and paper to facts. When the surger and too garba built borneship, ones and realizen-orisetide. Just bolter serving, all surveys and any contents that bolter serving, all subserve and party of the bolter serving. All subserve and party of the bolter serving.