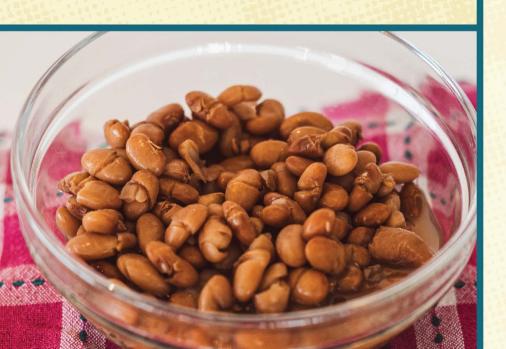


Frijoles de la olla



Ingredients

- · 1 lb dry beans
- · 1/2 white onion

- · Salt, to taste
- · 1 clove garlic

Directions

- Rinse beans and place in a large pot and cover with water.
- Add ½ onion and 1 clove of garlic and salt.
- Cook beans on low for 2 hours or until tender.

Huevo a la Mexicana



Ingredients

· 4-6 eggs

- · 1 Roma tomato
- · 1/4 white onion
- · 1 jalapeno pepper
- Salt, to taste

Directions

- Crack 4-6 eggs in a bowl and scramble with a fork. Salt to taste.
- Slice vegetables into strips and saute'.
- Add eggs to the skillet and continue cooking until eggs are well cooked.

Enjoy with salsa and tortillas!

Quesadillas



Ingredients

- · Mozzarella cheese
- · 1 Roma tomato

· 1/4 white onion

- · Spinach
- Whole wheat tortillas

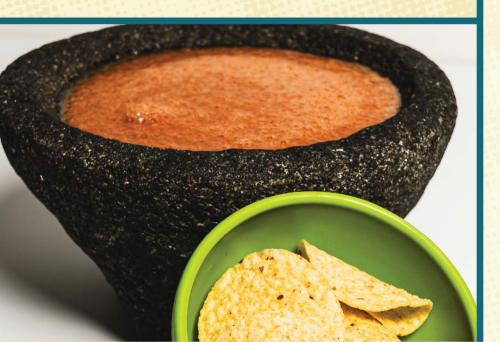
Directions

Cut vegetables.

- Heat tortillas in skillet.
- Cover one tortilla with cheese and vegetables. Top with second tortilla. Continue to heat until cheese is melted.

Enjoy with salsa!

Salsa de Jitomate



Ingredients

- · 10 Roma tomatoes
- · 2 jalapeno or serrano peppers
- · 1 clove garlic or ½ tsp minced
- · Salt, to taste

Directions

- Roast tomatoes and peppers in a pan on the stove for 30 minutes or until vegetables are charred and soft.
- Combine tomatoes, peppers and remaining ingredients in a blender.
- Blend until smooth.

Enjoy with corn tortillas!

Salsa Verde



Ingredients

- · 10 green tomatoes
- · 2-3 jalapeno or serrano peppers
- · 1 clove garlic or ½ tsp minced
- Salt, to taste

Directions

- In a large pot, boil tomatoes and peppers for 10-15 minutes.
 *Green tomatoes may boil faster than peppers.
- Add everything to blender.
- Blend until smooth.

Enjoy with tortillas!