

**Cooking a la**  
**Mexicana** is  
Easy as **1, 2, 3!**

# Frijoles de la olla



## Ingredients

- 1 lb dry beans
- 1/2 white onion
- Salt, to taste
- 1 clove garlic

## Directions

- 1.** Rinse beans and place in a large pot and cover with water.
- 2.** Add ½ onion and 1 clove of garlic and salt.
- 3.** 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

- 1.** Crack 4-6 eggs in a bowl and scramble with a fork. Salt to taste.
- 2.** Slice vegetables into strips and saute'.
- 3.** 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

- 1.** Cut vegetables.
- 2.** Heat tortillas in skillet.
- 3.** 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

1. Roast tomatoes and peppers in a pan on the stove for 30 minutes or until vegetables are charred and soft.
2. Combine tomatoes, peppers and remaining ingredients in a blender.
3. 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

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

Enjoy with tortillas!