

Tex-Mex RECIPES



from *The Texan* by Anne Carey



16
Beef Fajitas

Tex-Mex Recipes

from The Texan by Anne Carey

El Diablo Cocktail.....Page 2

Texas Sunrise.....Page 3

Dirty Whore Cocktail.....Page 4

Frozen Margaritas.....Page 5

Homemade Tortilla Chips.....Page 6

Spicy Salsa Con Queso Dip.....Page 7

Pico de Gallo.....Page 8

Guacamole.....Page 9

Salsa Fresca.....Page 10

Huevos Rancheros.....Page 11

Homemade Flour Tortillas.....Page 12

Homemade Pinto Beans.....Page 13

Chicken Tortilla Soup.....Page 14

Chicken Enchiladas Verde.....Page 15

Beef Fajitas.....Page 16

Rattlesnake Chili {no bean}.....Page 17



4
Dirty Whore



8
Pico de Gallo



EL DIABLO COCKTAIL

Ingredients

- 2 oz. Silver Tequila
- 1/2 oz. Lime Juice, *fresh squeezed*
- 3/8 oz. Ginger Syrup, *recipe follows*
- 1/4 oz. Blackcurrant Liqueur or Crème de Cassis
- Float of Ginger ale
- Optional Garnish—raw cane sugar + fresh blackberries

Directions—dip rim of glass in lime juice and then raw cane sugar, if using. Fill cocktail shaker with ice. Add all other ingredients. Shake until chilled. Strain into a glass.

Ginger Syrup—peel and chop, 8 oz. fresh ginger. Add to non-reactive pan with 4C water and 2C sugar. Bring to a boil, reduce heat, simmer uncovered 45 minutes. Cool and strain. Store leftover Ginger Syrup in airtight jar in the refrigerator.



TEXAS SUNRISE

Ingredients

- 1 cup Brut or dry champagne
- 1/2 cup orange juice, *see note*
- 1/2 cup pineapple juice, *see note*
- Dash of grenadine syrup
- Optional garnish – orange slices and/or pineapple wedges

NOTE: best with fresh squeezed orange juice and fresh pineapple, cold pressed using a juicer. For canned concentrate, mix according to instructions. Or use juice from a carton or a bottle.

Directions—add ice to large, clear glass. Pour in champagne, orange juice, and pineapple juice. Stir. Add grenadine by tilting glass and pouring it down side by very quickly flipping the bottle vertically. The grenadine should go straight to the bottom and then rise-up slowly through the drink. Optional garnish—add fresh pineapple wedge and/or orange slice to rim of glass.



DIRTY WHORE

Ingredients

- 1 oz. Dark Rum
- 1 oz. Bourbon
- 1/2 oz. Peach Schnapps
- 8 oz. or 1C Black Tea
- Optional—lemon or lime wedges or slices and a straw

Directions—fill drinking glass with ice. Add all ingredients and stir well. Add a slice of lemon, mint leaves, and a straw, if using and serve.



FROZEN MARGARITAS

Ingredients

- 12 oz. Tequila like Platinum or Silver Patron brand
- 3 oz. Triple Sec
- 1 - 12 oz. Can Limeade Concentrate, frozen
- 3 Cans Crushed Ice
- 1/4 Cup Water, as needed to blend
- Optional Garnish, fresh lime juice, margarita salt, lime wedges

Directions—optional garnish, cut one lime into slices or wedges. Make a slice up the middle of each wedge or halfway up each slice, to center. Set aside. Juice a second lime. Dip rims of glasses in lime juice and then dip rims in salt. Place glasses in freezer. In the meantime, add frozen limeade concentrate to a high-powered blender. Fill empty limeade can with tequila of choice, add to blender. Fill empty can one-fourth full of triple sec, add to blender. Add ice and blend until mixture is slush like in consistency. If mixture is too thick, add water as needed. Remove glasses from freezer and fill with frozen margaritas. Serve immediately.



HOMEMADE TORTILLA CHIPS

Ingredients

- 1 Package corn tortillas, 6-inch round
- Vegetable oil or cooking oil spray
- Optional - salt

Baked Tortilla Chip Directions—preheat oven to 450°. Cut tortillas in fourths using a knife or kitchen scissors. Place in a single layer on baking sheets or wire racks placed on baking sheets. Spray with cooking oil on both sides. Sprinkle with salt, if using. Bake until crisp, about 2 to 5 minutes, being careful not to burn. Remove from oven. Using tongs, remove chips from baking sheet and cool.

Fried Tortilla Chip Directions—cut tortillas in fourths. Heat cooking oil in a large pot. Carefully add tortilla pieces. Fry until crispy. Remove with a deep-frying spoon and place on paper towels to drain. Sprinkle with salt, if using. Cool and serve.



SPICY SALSA CON QUESO DIP

Ingredients

- 1 lb. or 16 oz. package Mexican Velveeta Cheese
- 1 lb. or 16 oz. package Hot Jimmy Dean Sausage
- 1 – 10 oz. can Ro-tel Diced Tomatoes and Habaneros
- Optional - 1 or more hot peppers or a mix of hot peppers, choose from jalapeño, serrano, chili pepper, or habanero
- 1 bag corn tortilla chips or homemade tortilla chips

Directions—remove stems from peppers, if using. Dice, leaving in seeds and membranes for more heat. Set aside. In a large skillet, crumble sausage. Cook until browned. Drain on paper towel. Pour off excess grease, reserving small amount. Add diced peppers to skillet, if using. Sauté. Turn into large sauce pan. Cube cheese, add to pan. Melt cheese over low heat, stirring frequently. Mix in cooked sausage and canned tomatoes. Warm and serve with tortilla chips.

Crockpot Method—heat cheese cubes, canned tomatoes, cooked sausage and peppers in crockpot until cheese melts. Set crockpot to warm and serve.

Mild Queso: use Velveeta Cheese—Regular, Jimmy Dean Sausage—Original or Regular, Ro-tel Diced Tomatoes and Green Chilies, and bell pepper instead of hot pepper(s).



PICO DE GALLO

Ingredients

- 1 large, ripe tomato, chopped
- 1/2 onion, chopped
- 1/4 cup fresh cilantro leaves, chopped
- 1 jalapeño pepper, diced
- 1 lime, fresh squeezed
- 1/2 teaspoon salt

Directions—chop tomato, add to small non-metallic bowl. Chop onion and cilantro leaves, add to bowl. Remove stem from jalapeño pepper. Dice pepper, keeping seeds and membranes for a spicier Pico de Gallo. Add to bowl. Squeeze lime and add juice to bowl, along with salt. Mix all ingredients well. Let stand for 5 minutes before serving.



GUACAMOLE

Ingredients

- 2 small Hass avocados or 1 large avocado
- 1 medium tomato, chopped
- 1/4 large red onion, chopped
- 1 jalapeño pepper, chopped, leave seeds for more heat
- 2 tablespoons fresh cilantro leaves, chopped
- 1 garlic clove, peeled and pressed or minced
- 1 lime, fresh squeezed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Directions—slice avocado[s] in half, remove pit and skin. In a medium-size bowl, mash avocado with fork. Add chopped: tomato, onion, jalapeño, cilantro leaves. Add pressed garlic, lime juice, salt, and pepper. Mix well. Transfer to serving dish. Serve with corn tortilla chips or your favorite Mexican entrée.

Note: to save time, pulse onion, jalapeño, garlic, and cilantro in a small food processor instead of chopping by hand.



SALSA FRESCA

Ingredients

- 2 medium tomatoes, about 2 cups chopped
- 1/2 small onion, about 1/2 cup chopped
- 1 jalapeño pepper + seeds, minced
- 1 lime, fresh squeezed
- 1/3 cup fresh cilantro leaves, minced
- 1 garlic clove, peeled and pressed
- 1/4 teaspoon salt
- Dash of pepper

Directions—mix all ingredients in a non-metal bowl. Let stand 5 minutes. Hand chop and mince ingredients or pulse them in a food processor. Transfer to a serving dish and top with whole cilantro leaves as garnish. Serve with tortilla chips.



HUEVOS RANCHEROS

Ingredients

- 1-2 large eggs
- 1/2 tablespoon butter or vegetable oil
- 2 corn tortillas, 6-inch round
- 1/4 cup refried or mashed pinto or black beans
- 1/4 cup queso fresco, crumbled or grated pepper jack cheese
- 2 heaping tablespoons salsa fresca or Pico de Gallo
- Optional – diced avocado and fresh cilantro leaves, as garnish

Directions—heat skillet over medium heat. Warm tortillas one at a time, on both sides. Place warm tortillas on a plate or in a small cast iron skillet. Warm refried beans in frying pan. Spread on tortillas and top with your choice of salsa fresca, picante sauce, or Pico de Gallo. Clean frying pan, add butter or oil and warm. Crack eggs into skillet and cook sunny side up. Top with cheese of choice plus diced avocado and sprig of cilantro, if using. Add salt and pepper, to taste. Note: if shredded cheese does not melt, put plate or skillet in warm oven for a few minutes.



HOMEMADE FLOUR TORTILLAS

Ingredients

- 2-1/2+ cups unbleached all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup lard or vegetable shortening like Crisco
- 3/4 to 7/8 cup hot water

Directions—using a fork, whisk together 2-1/2 cups flour, baking powder, and salt in a large mixing bowl. Using pastry cutter, cut lard into flour mixture until it disappears. Add hot water a little at a time, whisking with a fork just until dough comes together in a soft ball, do not add too much water. Turn dough onto lightly floured pastry mat and knead, adding more flour if dough is too sticky. Divide dough into eight equal pieces. Shape each piece into a ball and then roll each ball into an eight inch round on floured pastry mat. Warm a cast iron skillet or non-stick pan over medium heat. Cook tortilla about 30 seconds on each side or until lightly browned and puffy. Wrap the cooked tortillas in a warm cloth, to keep them soft until all of them are done.



HOMEMADE PINTO BEANS

Ingredients

- 1 cup dried pinto beans
- 1 – 32 oz. carton or can vegetable broth
- 2-3 garlic cloves
- 1/2 teaspoon ground cumin, see note
- 5 black peppercorns
- 1 bay leaf
- 1 teaspoon salt

Directions—rinse and sort beans, discard bad ones. Add beans and broth to Dutch oven, bring to a boil over high heat, reduce heat to low. Skim off scum that forms on top. Add all other ingredients. Cover and simmer up to two hours or until beans are tender.

Crockpot method—add all ingredients to crockpot. Cook all day on warm, half a day on low, or for several hours on high setting.



CHICKEN TORTILLA SOUP

Ingredients

- Boneless, skinless chicken, cubed, use 2 breasts OR 4 thighs
- 2T vegetable oil
- 32 oz. carton or can of chicken broth
- 28 oz. can fire-roasted, crushed tomatoes
- 1 onion, remove ends and peel
- 1 bell pepper, remove stem and membranes, cut in fourths
- 1 jalapeño pepper + seeds, remove stem, cut into fourths
- 1 chili pepper + seeds, remove stem, cut in fourths
- 2 garlic cloves, peeled
- Dried spices: 1 tablespoon paprika or smoked paprika, 1 teaspoon ground cumin, 1 teaspoon coriander, and ¼ teaspoon chipotle pepper, use more for extra heat
- Optional garnish—corn tortilla chips or strips, shredded pepper jack or cheddar cheese, sour cream, sliced red chili pepper, sliced jalapeño pepper, and chopped fresh cilantro leaves

Warm 2 tablespoons oil in Dutch oven, cook chicken cubes. Add broth and tomatoes. Finely mince onion, peppers, and garlic in food processor. Add to Dutch oven with dried spices. Bring to a boil, reduce heat, cover, and simmer until chicken is tender, about 30 minutes. Add salt and pepper, to taste. Optional garnish—top each bowl with your choice of tortilla chips or strips, shredded cheese, sour cream, sliced peppers, and chopped cilantro.

Note: try adding 10 oz. bag of frozen corn or 1 ¼ cup fresh corn plus 1-14.5 oz. can black beans, rinsed and drained, 5 to 10 minutes before soup is done.



CHICKEN ENCHILADAS VERDE

Ingredients

- 2 boneless, skinless chicken breasts or 4 boneless, skinless thighs, sliced
- 1 white onion, minced
- 2 garlic cloves, pressed or minced
- 2 tablespoons vegetable oil
- 1 – 10.75 to 12 oz. can or carton condensed cream of chicken soup
- 1 – 14 oz. can chicken broth
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1 – 4.5 oz. can chopped green chilies
- 1 cup pepper jack cheese, shredded, or more, to taste
- 1 cup salsa verde or tomatilla sauce
- 1 package white or yellow corn tortillas, 12 count

Directions—warm oil in heavy skillet, add sliced chicken, minced onion, pressed garlic. Cook until onion is translucent. Add soup, broth, coriander, cumin. Bring to a boil, reduce heat, simmer until chicken shreds when pressed with back of cooking spoon. Mix in chilies. Remove from heat. Preheat oven to 350°. Grease 9" x 13" baking dish. Add some sauce from cooked chicken mix to bottom of baking dish. Make 1 tortilla at a time. Using tongs, dip tortilla in chicken mix, coating both sides until soft. Place on large plate, with a slotted spoon, scoop up some of the chicken mix, add to center of tortilla, roll up and put in baking dish. Repeat until baking dish is filled with rolled tortillas. Pour leftover chicken mix on enchiladas, add salsa verde and top with shredded cheese. Bake about 30 minutes or until cheese is lightly browned. Add salt and pepper, to taste.



BEEF FAJITAS

Ingredients

- 2 lb. beef skirt steak, tenderized, ask butcher to prepare if you can't find it pre-packaged
- 1 cup dry white wine
- 1/2 cup vegetable oil
- 1 lime, fresh squeezed
- 1 teaspoon crushed red pepper flakes, use more for extra heat
- 1 red onion, sliced into strips
- 1 red bell pepper, sliced into strips
- 1 green bell pepper, sliced into strips
- 1 yellow bell pepper, sliced into strips
- Flour tortillas, warm on grill before serving
- Pico de gallo—make ahead or buy pre-made

Directions—trim excess fat from meat and discard. In a shallow baking dish, whisk together wine, oil, lime juice, and red pepper flakes. Add meat, turning to coat on both sides. Top with onion and pepper strips, cover and refrigerate. Marinate 20 minutes, up to 1 hour, on each side, turning once. Prepare barbeque. Place marinated meat on grill over hot coals. Add marinated vegetables to grilling basket, place on grill. Grill meat and vegetables until cooked. Remove from grill, set aside. Place tortillas on grill, a few seconds on each side, to warm. Add salt and pepper to meat, to taste, slice into thin strips, and place on heated cast iron skillet or large serving platter. Top with grilled onions and peppers. Serve with warmed flour tortillas and Pico de Gallo.



TEXAS {no bean} RATTLESNAKE CHILI

Ingredients

- 1 lb. rattlesnake meat, cut in 1" chunks OR beef sirloin, cubed
- 2 – 14.5 oz. cans fire-roasted crushed tomatoes
- 2C chicken broth or use beef broth if using beef cubes
- 1C onion, chopped
- 3/4C green bell pepper, chopped
- 1/2C celery, sliced
- 1 dried chili pepper, crushed, more for extra heat, *see note
- 1-2 garlic cloves, pressed or minced
- 2 tablespoons vegetable oil
- Dried seasoning mix, *recipe follows*

*Note—you can use fresh, minced chili pepper(s) in place of dried chili pepper(s), include membranes and seeds for extra heat.

Dried seasoning mix – add 1 tablespoon all-purpose flour to a small bowl, using a fork, whisk in the following: 1 teaspoon chili powder, use more for extra heat, 1 teaspoon ground cumin, 1 teaspoon ground coriander, and 2 teaspoons paprika or smoked paprika.

Directions—dredge meat chunks or cubed meat through seasoning mix to coat. In Dutch oven, warm oil over medium-high heat. Add coated meat chunks or cubes, onion, bell pepper, celery, crushed dried chili pepper(s) or fresh minced chili pepper(s), if using, and garlic. Cook until onions are translucent. Add crushed tomatoes and broth. Bring to a boil, reduce heat, simmer uncovered, stirring occasionally, about 2 hours or until meat and vegetables are tender. Add salt and pepper, to taste.

AUGUST
ISSUE

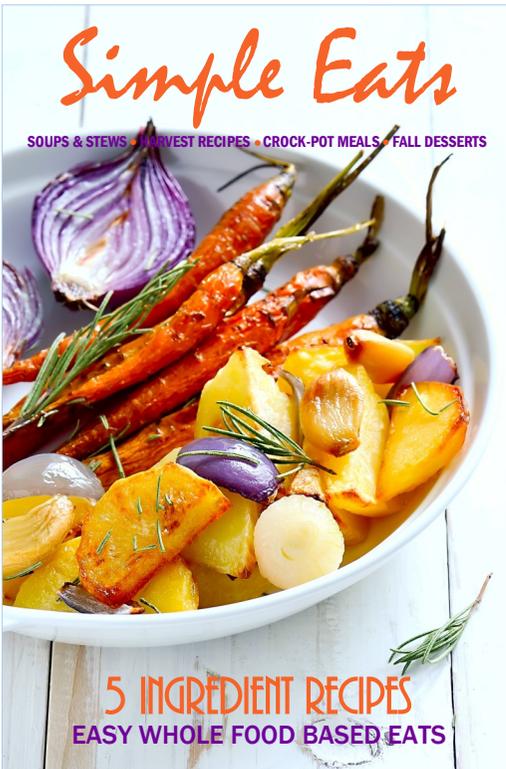
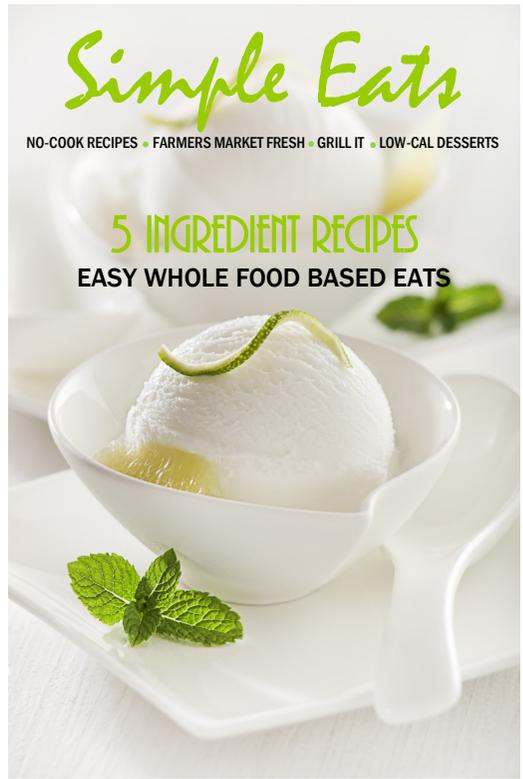
Simple Eats

Available

FREE on Kindle
August 1st to 5th

*receive an e-mail
notification*

<https://SimpleEatsMag.com>



SEPTEMBER
ISSUE

Simple Eats

Available

FREE on Kindle
September 1st to 5th

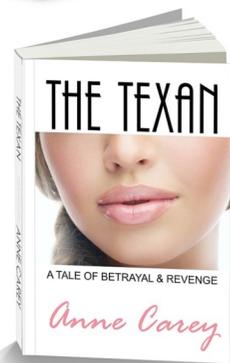
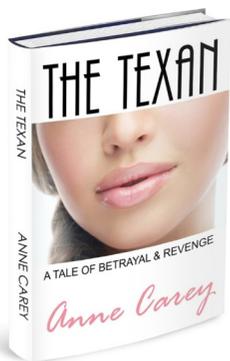
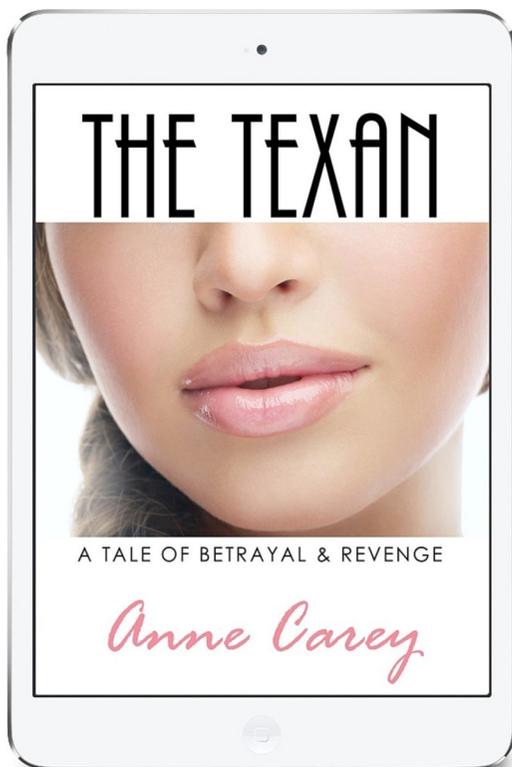
*receive an e-mail
notification*

<https://SimpleEatsMag.com>

NEW SUMMER READ

from

Anne Carey



The Texan: A Tale of Betrayal & Revenge

A great beach book! Easy summer read filled with satire and humor. Bad-boy BJ Brayden gets more than he bargains for when Janet Blake arrives in his small Texas town from NYC in the spring of 1980, when her revenge for his betrayal turns into this tell-all.

FREE Excerpt

Amazon

Barnes & Noble

Google

Apple iBooks

KOBO

More on the website at <http://AnneCareyAuthor.com>

NOBODY HERE

But us Chickens

ANNE CAREY

COMING
SOON

from

Anne
Carey

When being loyal to the family means either kill or be killed, coming of age presents some extra challenges. Pulled into “the life” of the Detroit Mafia against his will, Antonio Francesco Gianolla, Jr. better known as Tony, faces a choice...swim with the sharks or swim with the fishes.

NOBODY HERE BUT US CHICKENS

Joe nudges my shoulder again, pushing me a step closer to Gaetano, his face beet red from his screaming. I pull the ice pick out of my pocket, and panic sets in. Gaetano struggles to free himself of Angelo and Carlo, with his eyes bulging out and a look of pure terror on his face.

“Gaetano, I’ll teach you for taking my best friend from this world,” Joe says. “Waste this S.O.B. for ruining your life, Tony,” he orders.

I just stand there with my hand around the ice pick, frozen. “Do it now, kid,” Joe barks.

A rage like I never knew existed rears its ugly head from somewhere deep inside. *This is for killing my college education; this is for costing me Colleen Murphy; this is for saddling me to my wheelchair-bound mother in my prime; this is for murdering my father;* all these thoughts race through my mind as I...

...continued

Read the full excerpt, FREE on the website at

<https://www.AnneCareyAuthor.com>



Get more great recipes at

SIMPLE EATS MAGAZINE

*5 Ingredient {or less} Recipes
based on real, whole foods*

<http://SimpleEatsMag.com>

