

Favorite Fiesta Foods

Janie E. Squier, County Extension Agent
Family & Consumer Sciences
Rockwall County

Shredded Beef in the Slow Cooker

Good choices for shredding include: brisket, bottom round and chuck roasts.

- 3 pound boneless beef roast, cut into 4 inch chunks
- 1 medium onion, quartered
- 3 whole cloves garlic, peeled
- 1 teaspoon salt
- 1½ teaspoons pepper
- ¾ cup water

In the slow cooker, layer the onion, garlic and beef chunks. Sprinkle with salt and pepper; add water. Cover and cook on low for 9 to 9½ hours or until beef is tender. Remove beef and cool slightly. Trim and discard excess fat. Shred beef with 2 forks.

Shredded Beef Roasting Directions for Range Top or Oven

- 3 pound boneless beef roast
- Canola oil
- ½ to 2 cups liquid (broth, water, juice, beer or wine)

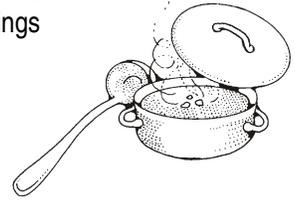
Slowly brown beef on all sides in a small amount of oil in a heavy pan. Pour off drippings. Season beef, as desired. Add a small amount of liquid. Cover tightly and simmer gently over low heat on top of the range or in a 325°F oven for 2 to 2½ hours, until beef is fork-tender. Shred beef with 2 forks.

The recipes on this page are from the Texas Beef Council's brochure – "Short Cuts for Busy Cooks with Shredded Beef". If you would like to receive the brochure with more shredded beef recipes, please call the Rockwall County Extension Office at 972-882-0375 or e-mail j-squier@tamu.edu.

Chef Matt Martinez (Matt's Rancho Martinez in Dallas, Texas) worked with the Texas Beef Council to develop these delicious recipes!

Beef Chowder Ole 6 servings

- 3 cups shredded beef
- ½ cup butter
- ½ cup onion, chopped
- ½ cup celery, chopped
- 16 ounces fresh or frozen corn
- 32 ounces chicken broth
- 14 ounces canned, chopped green chilies
- 1 Tablespoon thyme
- 7 ounce jar or roasted red bell pepper, cut into strips
- 24 ounces canned evaporated milk



Melt butter in a medium frying pan; saute onion, celery and corn until crisp tender. Combine chicken broth, chilies, and thyme in a large saucepan and heat. Add cooked vegetables, red bell peppers and shredded beef. Add evaporated milk and heat until simmering.

Beef King Ranch Casserole 8 servings

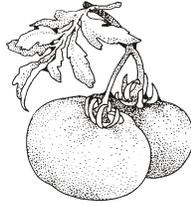
- 5½ cups shredded beef
- 2 Tablespoons vegetable oil
- 1 cup onion, chopped
- ½ cup **each** of red and green bell peppers, chopped
- 2 Tablespoons jalapeno pepper, chopped
- 1 teaspoon **each** salt, pepper, and cumin
- 1 teaspoon garlic powder
- 1 Tablespoon chili powder
- 12 ounces canned evaporated milk
- 1 can diced tomatoes and green chilies
- 10½ ounces beef broth
- 8 ounces cheddar or Mexican blend cheese
- 12 corn tortillas

Add oil to large heated skillet and saute onions, peppers and jalapeno. Mix in all the spices. Add milk, tomatoes, and broth; bring to a simmer. Remove from heat and stir in the shredded beef and cheese. Cut tortillas into quarters and place half in a greased 2 ½ quart casserole dish. Top with half of the beef mixture. Repeat layers, ending with beef mixture. Bake at 350°F for 30 minutes.

The Recipe

Combine:

1 can diced tomatoes with chilies
1 small jar thick and chunky salsa
1 can diced green chilies
2 diced fresh tomatoes
2 bunches diced green onions
2 diced avocados
3 Tablespoons red wine vinegar
Garlic salt, salt and pepper to taste



This unique dip is spicy and wonderful. Serve as a dip with tortilla chips, over omelets, use as a garnish with tacos, or any other way you wish. "The Recipe" will keep in the refrigerator for up to three weeks.

Santa Fe Seeds

Makes 2 cups

½ teaspoon ground cumin
½ teaspoon chili powder
¼ teaspoon dried crushed red pepper
2 Tablespoons olive oil
2 Tablespoons sugar
1 Tablespoon honey
1 cup pumpkin seeds
1 cup sunflower seeds

Stir together the cumin, chili powder and red pepper in hot olive oil in a nonstick skillet over medium high heat for 30 seconds. Add the sugar and honey, stirring until sugar dissolves. Add seeds and cook, stirring constantly for 8 minutes or until toasted. Spread on lightly greased foil-lined baking sheets; separate seeds, if necessary. Cool. Store in an airtight container.

Baked Tortilla Chips

6 corn or flour tortillas (7 inch diameter)
Non-stick cooking spray
Favorite seasoning: chili powder, seasoning blend, ground cumin, onion powder, or garlic powder

Heat oven to 350°F. Lightly spray tortillas with nonstick cooking spray and sprinkle with your favorite seasoning. Turn tortillas over and repeat the process. Cut each tortilla into wedges and place on cookie sheets. Bake for 10 minutes until crisp.

Chunky Tomato Pecan Salad

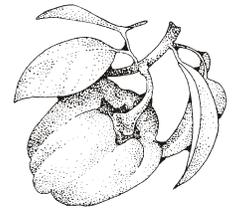
Crisp garlic pecans (recipe given below)
1 pound tomatoes, cut into chunks
1 green bell pepper, seeded and chopped
3 Tablespoons red wine vinegar
½ cup small pitted black olives
1 small red onion, chopped
½ cup corn
⅓ cup chopped cilantro
Salt and pepper to taste

Prepare crisp garlic pecans. Cool. In large bowl, combine remaining ingredients. Cover and chill. Just before serving, add crisp garlic pecans.

Garlic Pecans: Heat 2 Tablespoons olive oil in small skillet. Add one large clove garlic, minced and ¾ cup pecan pieces. Toss over low heat about 3 to 4 minutes, being careful not to burn the garlic. Spread out on paper towels and cool.

Pork Fajitas

4 servings



1 teaspoon olive oil
1 pound pork tenderloin, cut into thin strips
½ teaspoon salt
¼ teaspoon black pepper
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
1 small onion, thinly sliced
1 clove garlic, minced
½ teaspoon ground cumin
2 teaspoons fresh lime juice
8 flour tortillas, warmed
½ cup prepared salsa

Garnishes: Shredded lettuce, chopped avocado, chopped fresh cilantro, chopped tomatoes, sliced black olives

Heat oil in large skillet over high heat. Add pork; sprinkle with salt and pepper. Stir fry for 2 minutes. Add bell peppers, onion, garlic and cumin. Cook until vegetables are tender crisp, 3 to 4 minutes more. Stir in lime juice. To serve, roll ¾ cup pork mixture in each tortilla with 1 Tablespoon salsa and your choice of garnishes.