

Taco Bar

This is an overly-complicated recipe for a "simple" taco bar, using rice, beans, ground beef & a vegetarian equivalent. It is not actually very complicated, once you understand what to do. Please remember that tacos are delicious and extremely filling, and that it is recommended to have as much kitchen cleaning done as possible prior to starting your meal. You won't want to clean up afterwards.

Shopping List:

Fresh Produce	Spices	Packaged Goods
1. 2 medium yellow onions 2. 2 red/orange bell peppers 3. 1 poblano pepper 4. 4-5 tomatoes 5. 1 bunch scallions 6. 1-2 avocados 7. ~6 medium cloves garlic	1. Cumin 2. Ancho Chili Powder 3. Oregano 4. Turmeric 5. Coriander 6. Salt 7. Pepper	1. 4 15oz cans Black Beans 2. 1 can chilis in Adobo 3. 1 jar sofrito 4. 1 jar salsa
Meats	Dairy	Dry
1.5 - 2lbs Ground Beef 1.5 - 2lbs Mixed Vege Beef	1. Monterey Jack Cheese 2. Pepper Jack Cheese 3. Cheddar Cheese 4. Sour Cream	1. 1 box Saffron Rice 2. Masa Harina

Cooking Time: 2.5hr

Instructions:

If more than two people are cooking: have one person work entirely on cooking tortillas, as they take as long to make as everything else put together.

If only one person is involved in preparing food, just use store-bought flour tortillas. This is a very sad option, but unavoidable.

@2.5hr to dinner

- Prepare a double recipe of Masa tortillia dough and cover.

@ 2hrs to dinner:

- Chop onions, bell peppers, poblano peppers, scallions, and canned chilis, (and garlic, if using fresh).
- Measure ingredients into *mise en place* as listed below (*yes, I know it's a lot of bowls.*)
- **If making tortillas:** begin preparing & cooking tortillas on two skillets on stovetop. Continue pressing/cooking tortillas for remaining 2 hrs.

<i>mise en place</i>	For Beans:	For Meat:	For Vege Meat:
Garlic (Added /w oil) (cooked just as oil heats)	1tbsp + 2tsp garlic, minced (+~3tbsp olive oil)	1 + 1/2tsp garlic, minced (+~2tbsp olive oil)	1tsp garlic, minced (+1/4 cup olive oil)
Onions (Added First) (Mid Heat: cook 1-2 min) <i>Cook until translucent</i>	1 medium onion (~ __ cup), diced	1/2 medium onion (~ __ cup), minced	1/2 medium onion (~ __ cup), minced
Vegetables (Added Second) (Mid-H Heat: cook 2-3 min) <i>Cook until softened/browned</i>	1 bell peppers (~4/3 cup), diced 1/2 poblano pepper (~2/3 cup), diced 3 Scallions, diced	1/4 bell pepper (~1/3 cup), diced 1 scallion, diced	1/4 bell pepper (~1/3 cup), diced 1 scallion, diced
Sauces (Added Third) (Mid-H Heat: cook 30 seconds) <i>Cook until fragrant</i>	1/2 canned chili, minced (+1/2 tsp adobo) 3 tbsp sofrito 3 tomatoes (~1 cup), diced	3/8 canned chili, minced	1/8 canned chili, minced 2 tsp sofrito

Spices (Added Third) (Mid-H Heat: cook 30 seconds) <i>Cook until fragrant</i>	1tbsp + 1tsp cumin 1/2tsp (scant) coriander 1tbsp +1 tsp Ancho chili powder 1/2tsp tumeric 1tbsp oregano 3/4 tsp salt	2tbsp cumin 1 1/2tsp Ancho chili powder 1tsp oregano 1/4tsp tumeric 1/4 tsp salt	1tbsp + 2tsp cumin 1tsp Ancho chili powder 1tsp oregano 1/4tsp tumeric 1/4 tsp salt
Main Ingredient <i>Cook as directed</i>	4 15oz cans Black Beans	2lbs ground beef	1.5lbs mixed vege meat

@ 1.5hr to dinner:

- Set 1 pack of saffron rice to cook over low heat
- In a medium-sized saucepan, begin heating olive oil and garlic for beans. Add onions when garlic begins to smell fragrant, and continue to add ingredients and cook as listed above. Allow beans to simmer lightly on stovetop.

@.5hr to dinner

- Remove rice & beans from stovetop. In separate skillets, heat olive oil and garlic for meat and vege-meat. Add onions when garlic begins to smell fragrant, and continue to add ingredients and cook as listed above. Cook just until meat is medium-well, or vege meat becomes tender.
- Slice or dice Avocado and Tomato for serving as desired.
- Grate monterey jack, pepper jack, and cheddar cheeses as desired, and mix.

Reccomended proportions:

1/2 c Monterey Jack

1/4 c Pepper Jack

1/3 c Cheddar

@10m to dinner

- Remove tortillia skillets from stove, and add beans & rice pots for re-heating. Prepare sour cream, salsa, avocado, tomato, cheese mix, taco meat, vege meat, beans, rice, and tortillias for serving.

Alternate Ingredient List

Ingredients:

1 box Saffron Rice (cook on its own)

4 cans Black Beans (cook /w bean ingredients)
 2 lbs ground beef (cook /w meat ingredient mix)
 1.5 lbs vege meats (cook /2 meat ingredient mix)
 1/2 cup Monterey Jack Cheese
 1/4 cup Pepper Jack Cheese
 1/2 cup Cheddar Cheese
 1-2 avocados (for serving)
 1-2 tomatoes (for serving)
 Sour cream (for serving)
 Salsa (for serving)

	Taco Bean Ingredient Mix	Meat Ingredient Mix (for 2lbs)	Vege Ingredient Mix (for 1.5lbs)
Vegetable Ingredients	~3tbsp olive oil 1 medium onion (~__ cup), diced 1 1/2 bell peppers (~__ cup), diced 1/2 poblano pepper (~__ cup), diced 3 tomatoes (~__ cup), diced 3 Scallions (~__ cup), diced 1/2 canned chili, minced (+1/2 tsp adobo) 3 tbsp sofrito 1tbsp + 2tsp garlic, minced	~2tbsp olive oil 1/2 medium onion (~__ cup), minced 1/4 bell pepper (~__ cup), diced 1 scallion (~__ cup), diced 1/4 canned chili, minced (+1/4 tsp adobo) 1tsp garlic	1/4 cup olive oil 1/2 medium onion (~__ cup), minced 1/4 bell pepper (~__ cup), diced 1 scallion (~__ cup), diced 1/4 canned chili, minced (+1/4 tsp adobo) 2 tsp sofrito 1tsp garlic
Spice Mixes	__tbsp cumin 1tsp (scant) coriander 1tbsp Ancho chili powder 1/2tsp tumeric 2tsp oregano 1/2tsp salt	__tbsp cumin 1tsp Ancho chili powder 1tsp oregano 1/4tsp tumeric Salt to taste	__tbsp cumin 1tsp Ancho chili powder 1tsp oregano 1/4tsp tumeric Salt to taste