

Arielle's SouthWest Pan Dish

Oven temp:	Cook time (min):	Makes:

Olive oil, about 2 T

Salt, to taste

Garlic

Cumin

Turmeric

Chicken

Can of corn, drained

Can of beans, not drained
(black, little ones, or any beans)

Can of fire-roasted diced tomatoes
(don't drain!)

1 Envelope of Taco Seasoning

3/4 c white rice

1 Med.- Lg Onion, roughly cut

1 Green or Red Pepper,

2 cups of Broth (I use chicken)

Serve With:

Sour Cream, Cut up Avocado

Shredded Cheese, Fresh Cilantro,

Cut chicken into sices, rotisserie leftovers or raw

Peppers- cut roughly

In a LARGE sauté or frying pan sauté the onions & peppers in the olive oil until onions turn transparent

Add the salt, pepper, garlic, cumin, turmeric & taco seasoning. Your choice on how much of each seasoning to use.


Add the other ingredients (except the 'serve with' ingredients). *Note: if using pre-cooked chicken don't add it here - wait until everything else has been cooking for about 20 minutes.*

Cover and simmer for about 25 minutes or until the rice is done.

Top with the cilantro and then, serve hot with the corn

From: **Susan Peghiny** (Newton)

Cut just outside green dashed lines to get 4x6 card.



Jalapeno Cheddar Cornbread

Oven temp:	Cook time (min):	Makes:
350°	30-35 min.	

3 c all-purpose flour

1 c yellow cornmeal

1/4 c sugar

2 T baking powder

2 t kosher salt

2 c milk

3 extra-large eggs, lightly beaten

2 sticks unsalted butter, melted,
plus extra to grease the pan

8 oz aged extra-sharp Cheddar,
grated, divided

1/3 c chopped scallions, white
and green parts, plus extra
for garnish (3 scallions)

3 T seeded and minced fresh
jalapeno peppers (2 to 3

Combine flour, cornmeal, sugar, baking powder, & salt in a large bowl

In separate bowl, combine milk, eggs, & butter

Stir with woodspoon wet ingredients into dry until most of the lumps are dissolved. Don't overmix!

Mix in 2 c grated Cheddar, scallions & jalapenos

Allow mixture to sit at room temp for 20 minutes

Grease 9" x 13" x 2" baking pan

Pour batter into prepared pan, smooth the top, & sprinkle with remaining grated Cheddar & extra chopped scallions

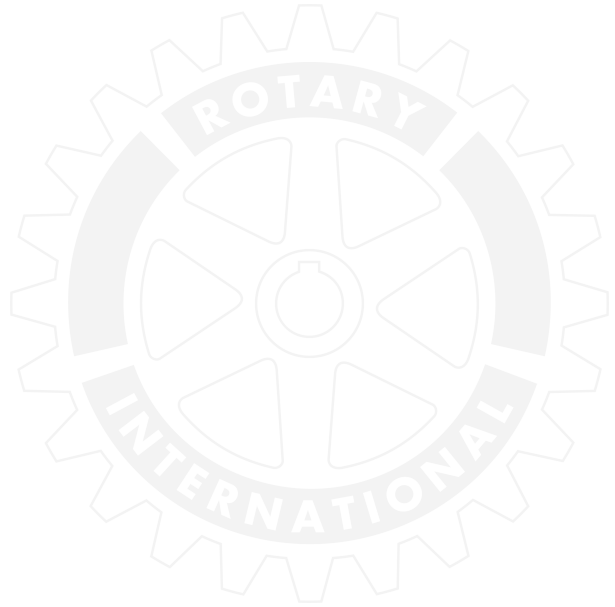
Bake til a toothpick comes out clean

Cool & cut into large squares.

From: **Jan Luchetti** (Weston & Wayland)

Top

Type



Bottom

Type

