

# 2021 SOUTHERN PLATE EBOOK SERIES

*featuring*  
**10 MOUTHWATERING  
MEXICAN FIESTA RECIPES**

# 2021 SOUTHERN PLATE EBOOK SERIES

*featuring*  
**10 MOUTHWATERING  
MEXICAN FIESTA RECIPES**



# CONTENTS

## **Cheesy Beef Burritos**

These quick and easy cheesy beef and bean burritos are perfect for those days where time gets away from me and supper sneaks up!

## **Chicken enchilada pie**

This recipe is made up of mostly shelf stable ingredients but does have two that I keep in the freezer. It's a little on the spicy side but that helps make the flavors pop!

## **Grandmama's Tex Mex Dip**

Sit back and relax with your family and friends while enjoying this tasty dip. Not only is it festive and colorful, it's easy to assemble, which makes it perfect for game day or any celebration

## **Mexican Cornbread**

Most families I know make a version of this deliciously moist and decadent cornbread known to us as Mama's Mexican Cornbread recipe. Studded with sweet corn, cheddar cheese, and spicy bits of jalapeño peppers it's sure to be a favorite.

## **Taco Soup**

Taco Soup is one of the world's easiest suppers but most importantly, it has the family seal of approval. I always have the ingredients on hand since most of them are shelf stable.



## **Instant Pot Beef Barbacoda Tacos**

Salty, spicy, and slightly tangy, this dish delivers flavor on multiple levels. The tender shredded beef showcases the power of the pressure cooker to turn out in just an hour a meal that would ordinarily take hours of slow cooking.

## **Tortillas**

Today I am sharing one of the simplest recipes for Tortillas that you will ever see. Whether you are wanting to celebrate Cinco De Mayo, Passover, or it's simply Taco Tuesday this flour tortilla recipe is for you.

## **Dulce de Leche**

This Dulce de Leche recipe is a creamy caramel dream. Made so simply with condensed milk the possibilities for what you can use this with are endless

## **Sopapillas**

Warm sopapillas, dipped in cinnamon sugar and drizzled with honey. Let's get these in your belly!

## **Fried Ice Cream**

Learn to make this delicious Fried ice cream at home without frying- it's one of the easiest and most delicious dessert treats you can make!



# CHEESY BEEF BURRITOS

---

## Ingredients

- 20 large flour tortillas
- 3 pounds ground beef
- 3 packets taco seasoning
- 2 14 oz cans vegetarian refried beans
- 2 8-ounce packages Borden® Cheese Mild Shreds



Place ground beef in large skillet and cook, chopping fine while doing so, over medium high heat, until fully cooked and no longer pink in the center. Drain off any grease.

Add taco seasoning and three cups of water. Bring to a simmer over over medium heat, stirring fairly often, until thickened. Remove from heat and allow to cool slightly.

Assemble each burrito by spreading about two spoons full of refried beans in the center of each burrito and topping that with about two spoons full of seasoned beef and a generous handful of shredded cheddar cheese.

Fold burrito up by folding each side into the center, according to directions and photos in this post. Place burritos into zipper seal freezer bags, not touching or separated by waxed paper, and freeze.

To reheat, place a burrito, uncovered, on a microwave safe plate and microwave for two minutes, or until heated through.



# CHICKEN ENCHILADA PIE

---

## Ingredients

- 5 - 8 inch flour tortillas label with this recipe title and store in freezer
- 2 - 10 ounce cans Enchilada sauce I suggest mild, it is still a little spicy
- 15 ounce can black beans
- 15 ounce can whole kernel corn
- 10-12 ounce can chicken
- 2 cups shredded cheddar cheese label with this recipe title and put in the freezer



Assemble all canned goods in a large zipper seal bag along with a printed copy of these instructions. Measure out cheese into a zipper seal bag and label with this recipe title. Place in freezer along with tortillas until ready to make the meal.

Drain corn and chicken. Drain and rinse black beans.

Lightly grease an 8 inch round cake pan with cooking spray. Stir together 1+1/2 cans of Enchilada sauce and chicken, breaking up the chicken into smaller pieces as you do so.

Place one flour tortilla in bottom of pan. Spread with 1/4 chicken enchilada sauce. Top with 1/4 black beans, 1/4 corn, and 1/4 cheese. Cover with another flour tortilla. Repeat this process with three more tortillas. Place final tortilla on top and pour remaining enchilada sauce over it, spreading to cover. Top with remaining cheese.

Bake, uncovered, at 350 for 35-40 minutes, or until bubbly. Allow to sit for a few minutes before cutting and serving.

**\*One of the things about groceries nowadays that keeps us hopping is that manufacturers keep changing the sizes of cans in order to cut costs. If your can of vegetables, sauce, or chicken is an ounce or two (or three) off, don't sweat it. It'll still work out just fine in this recipe.**



# GRANDMAMA'S TEX MEX DIP

---

## Ingredients

- 2 medium sized ripe avocados
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 1/2 package taco seasoning
- 16 ounce can bean dip
- 1/2 bunch green onions chopped
- 2 medium tomatoes
- 3 ounces chopped black olives
- 1/2 cup shredded sharp cheddar cheese
- Tortilla Chips

Peel, pit, and mash the avocados in a medium bowl. Add the lemon juice, salt, and pepper. Stir to combine.

In a small bowl, combine the sour cream, mayonnaise, and taco seasoning, mix well.

Spread bean dip on a large, shallow platter, Top with avocado mixture then sour cream mixture. Sprinkle with chopped green onions, then the tomatoes and olives. Cover with shredded cheese. Refrigerate until ready to serve. Serve with tortilla chips.





# MEXICAN CORNBREAD

---

## Ingredients

- 1 + 1/2 cups self rising corn meal mix white or yellow
- 1 + 1/2 tablespoons sugar
- 1/2 teaspoon salt
- 3/4 cup shredded cheddar cheese mild, medium, or sharp
- 1/2 cup vegetable oil
- 1/2 cup chopped onion
- 1 tablespoon diced jalapeño seeds removed
- 3/4 cup milk
- 1 egg
- 1/2 cup canned cream style corn\*

Place a seasoned cast iron skillet (or 8 inch round cake pan) in the oven and preheat to 350.

In a large bowl, mix together all ingredients.

Pour 1 tablespoon of vegetable oil into skillet and swirl a bit to cover the bottom (This skillet is hot so hold it with a potholder).

Pour batter in skillet and bake for 30-40 minutes or until golden brown on top. Turn out onto a plate, cut, and serve.

**\*Mama and I take the remaining cream corn and put it in a zipper seal bag to freeze. Next time you make corn bread just lay it out for about half an hour before you need it to thaw.**







# TACO SOUP

---

## Ingredients

- 1 lb ground beef
- 1 Lg chopped onion cooked with beef
- 2 cans kidney beans
- 1 can corn
- 1- 15 oz can Ro-Tel
- 1- 15 oz can Tomato Sauce
- 1 packet taco seasoning mix
- 1 packet ranch dressing mix
- 1 1/2 cups water

Combine all ingredients, bring to a boil and then simmer for fifteen minutes.



# INSTANT POT BEEF BARBACODA TACOS

---

## Ingredients

- 1/4 cup apple cider vinegar
- 2 tablespoons freshly squeezed lime juice
- 3 cloves garlic minced
- 1 chipotle chile in adobo minced
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon ground cloves
- 2 tablespoons vegetable oil
- 2 1/2 pounds boneless beef chuck roast trimmed of most fat and cut into large chunks
- 1/2 cup reduced-salt chicken broth or All-Purpose Chicken Stock page 86
- 2 bay leaves
- Small 6-inch corn tortillas, for serving
- Salsa or pico de gallo for serving
- Cotija cheese for serving

Whisk together the vinegar, lime juice, garlic, chipotle, cumin, oregano, salt, pepper, and cloves in a medium bowl. Set aside.

Press Sauté and use the Sauté or Adjust button to select the highest temperature (“More”). Place the vegetable oil in the inner pot. Wait until the display reads “Hot,” about 5 minutes, then add the beef. Cook with the lid off, turning the beef every 2 minutes, until the beef is browned on most sides, about 8 minutes.

Add the vinegar sauce and the chicken broth (be careful—steam may whoosh up!), and then the bay leaves. Stir to combine.

Close and lock the lid. Set the valve to Sealing. Press Cancel, then press Manual or Pressure Cook and use the Pressure or Pressure Level button to select High Pressure. Use the – or + button to set the time to 30 minutes.

When the cooking cycle ends, press Cancel. Allow the appliance to cool and release pressure naturally, about 20 minutes. (The

pressure is released when the small metal float valve next to the pressure-release valve sinks back into the lid and the lid is no longer locked.)

Remove the lid. Discard the bay leaves. Use tongs or a large spoon to remove the beef from the inner pot and place it on a cutting board. Shred the beef using two forks: Use one fork to pull off a chunk and then use two forks to shred that piece, holding down the meat with one fork and pulling at it with the other. Repeat with the remaining beef.

Serve the beef hot, piled into corn tortillas and topped with salsa and a sprinkling of Cotija cheese, if desired.

Beef Barbacoa and its juices will keep, in an airtight container in the refrigerator, for up to 4 days. To reheat, preheat the oven to 350°F and place the beef in a shallow baking dish with enough of the juices to reach a depth of about 1/4 inch. Cover the baking dish tightly with aluminum foil and bake until hot, about 15 minutes.

**Christy's Note:** I freely admit that I have never heard of this cheese before this recipe. 😊 From my online research, it appears that Feta would be a good substitute but I'm sure you could use whatever cheese you prefer as well.



# TORTILLAS

---



## Ingredients

- 3 tablespoons oil vegetable or olive
- 2 cups all purpose flour
- 1 cup water
- 1/2 teaspoon salt

Okay, let me tell you why I have the ingredients in this order. I put them in countdown order because it is easier to remember that way. 3 tablespoons oil, 2 cups flour, 1 cup water, 1/2 teaspoon salt. See? Easy to remember.

Place all ingredients in a large bowl. Stir together with a spoon until dough is formed.

Turn out onto lightly floured surface and knead a just few times until smooth. Separate dough into 8 sections and roll each section into a ball.

Using a rolling pin, roll each ball out into a thin circle about 6-7 inches in diameter.

Lightly spray a medium nonstick skillet with cooking spray and place over medium heat. Add tortillas, one at a time, and cook for about one minute on each side, or until lightly browned. Serve warm. Enjoy!



# DULCE DE LECHE

---

## Ingredients

- 14 oz can of sweetened condensed milk
- water



Heat oven to 425°F and adjust rack to middle. Pour the can of 1 (14-ounce) sweetened condensed milk into a 9-inch deep pie dish and cover tightly with foil. Set plate in a pan that it fits in and add enough hot water to pan to reach halfway up pie dish. Bake milk in middle of oven 45 minutes. Check water level and add additional, if its low, then continue to bake 45 minutes more, or until milk is thick and brown. Remove and stir. Allow to cool or cool slightly and add to food processor (optional) to get to desired texture. Makes about 1 1/2 to 2 cups.

## Notes

If you want a smoky caramel taste then like I did in our post (keep an eye on it so it doesn't burn) til it has some darker brown spots. But if you want a milky caramel then check it after the first 45 mins and then every 15-20 mins or so to make sure its getting to the color and consistency you want.



# SOPAPILLAS

---

## Ingredients

- 1 original 8 count 8oz can crescent roll dough (not butter flavored or jumbo or anything like that)
- 1 cup sugar you won't use all of it but you need it
- 2 tablespoons cinnamon
- Vegetable oil for frying

Pour vegetable oil to a depth of about 1/2 inch in a medium to large skillet. Place over medium high heat to preheat while you complete the next steps.

Roll out crescent roll dough and cut apart at the seams. In 8x8 dish (or similar), stir together sugar and cinnamon until well combined.

Test oil for readiness by dropping a pinch of flour in. If the flour bubbles, the oil is ready. Reduce temperature to medium and carefully add dough triangles in batches,

leaving plenty of room for each to cook without touching. Brown for about a minute or so on the first side and then flip to brown on the other side. Remove to paper towel lined plate when both sides are golden.

Dip each sopapilla into cinnamon sugar mixture on both sides and place on serving platter. To serve, drizzle with honey or eat as is.

These are spectacular warm!





# FRIED ICE CREAM

---

## Ingredients

- Container Vanilla Ice cream 1 am using 48 oz size
- 3 Cups Honey and Oats Cereal\* or cereal of your choice
- 3 Tablespoons butter
- 3 Tablespoons sugar
- 1 Tablespoons cinnamon



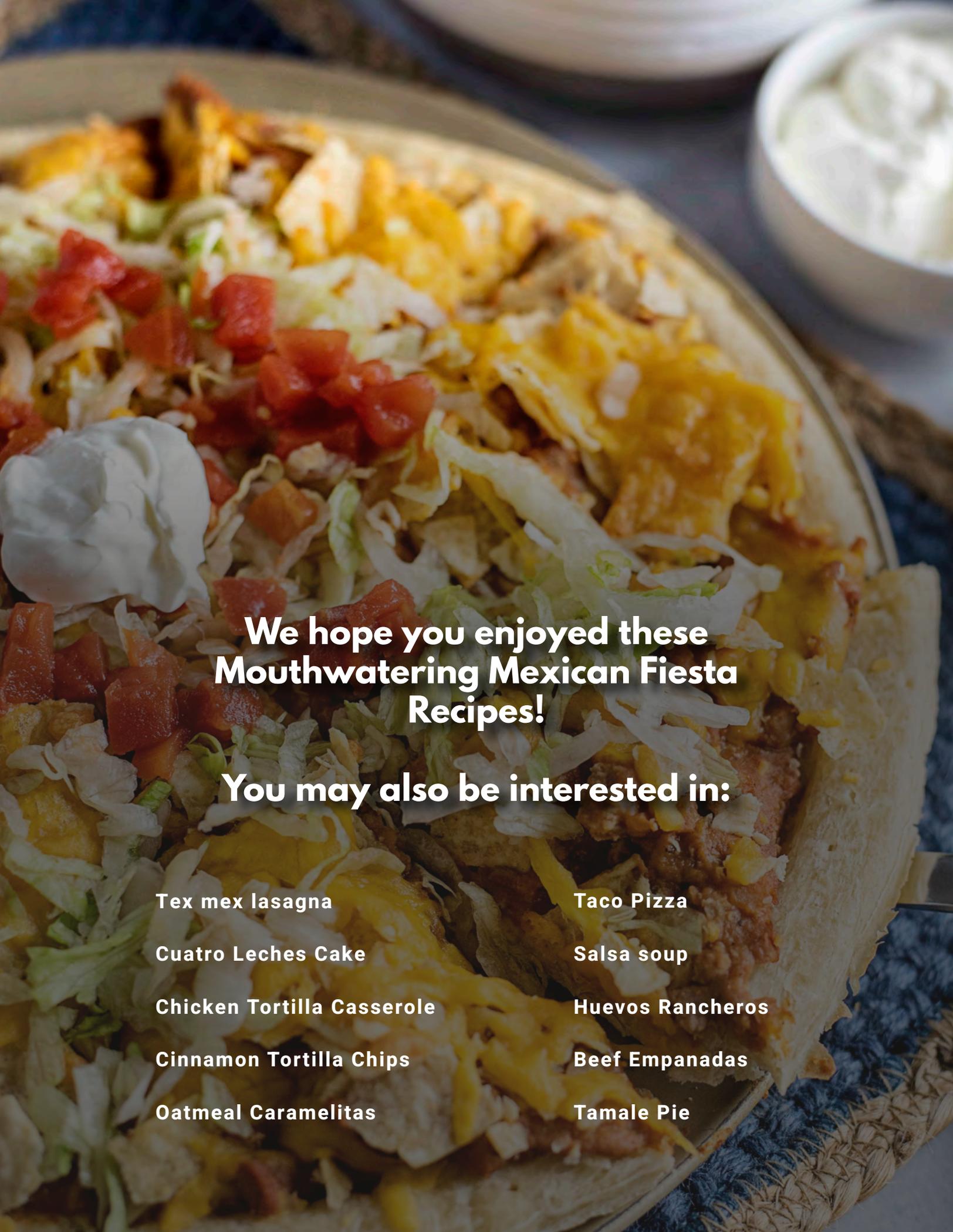
Scoop frozen ice cream out onto waxed paper lined baking sheets and place in freezer for at least an hour, or until hardened.

During that time, place cereal in gallon zipper bag and crush. Melt butter in microwave and stir in sugar and cinnamon, pour into bag with cereal and seal. Knead with hands until well mixed. Pour out onto lined baking sheet and place in oven at 350 just until toasted, about five minutes. Keep close watch as cereal will burn easily.

Remove from oven and allow to cool. Roll hardened ice cream balls in mixture, pressing lightly as you do so. Place coated ice cream in 9x13 dish and return to freezer or serve immediately.

## Notes

For serving, drizzle with honey and top with whipped cream and a cherry. Can also use corn flakes or cereal of your choice such as Golden Grahams, Cinnamon Toast Crunch, etc.



**We hope you enjoyed these  
Mouthwatering Mexican Fiesta  
Recipes!**

**You may also be interested in:**

**Tex mex lasagna**

**Cuatro Leches Cake**

**Chicken Tortilla Casserole**

**Cinnamon Tortilla Chips**

**Oatmeal Caramelitas**

**Taco Pizza**

**Salsa soup**

**Huevos Rancheros**

**Beef Empanadas**

**Tamale Pie**