

# PROJECT FOODIE



mixing things up in the kitchen with GPL

## Mexican with Monica Muñoz - January 18, 2011

Monica Muñoz caters Tex Mex with her sister, and also has her own baking business, Pastel-Baking by Monica. Monica may be reached at 317.777.8918 or [monicaxmunoz@sbcglobal.net](mailto:monicaxmunoz@sbcglobal.net) for a quote or more information about her business. She and her husband cook and eat authentic Mexican cuisine in their home, and were gracious enough to share recipes, tips and tricks at the January 18 program at Greenwood Public Library. These dishes are not the typical food you would find at local Mexican restaurants, but rather what you would find served in the homes of those of Mexican decent.

Many of the ingredients for the dishes Monica prepares are either only available or available at reduced prices from Ethnic and Mexican Markets. Throughout her presentation, Monica shared what her favorite brands of these products are, and shared tips for shopping the Mexican Markets even if you do not speak Spanish or may not feel comfortable entering into the unfamiliar environment.

Here is a re-cap of those tips:

If you do not have time to make your own salsa, purchase Herdez - it's the best!  
Fideo pasta (along with many other kinds of pasta) are available VERY cheap at International Markets

Monica's favorite tortilla chips are El Milagro  
(also available in the Mexican isle at Meijer)

Fresh vegetables and fruits are often more readily available and at a lower cost from Mexican Markets: example—bunches of Cilantro were 2 for a dollar at Sagara.

For a photo slideshow of other brands of products Monica uses and likes visit:

Monica's Favorite Places to Shop:

### **Saraga International Grocery**

2308 E. Stop 11 Road (Madison & Stop 11 Rd) Indianapolis, IN 46227

### **Yolis Supermarket**

4202 S. Meridian St. Indianapolis, IN 46217



# Recipes



Avacodos should be soft to the touch



El Milagro white or corn soft tortillas are great!



Tip for buying jalapenos - if you want them hot and spicy, look for the peppers with color and striation.

## Beans a la Charra

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*Shared by Monica Muñoz*

- 1 lb. dry pinto or black beans
- 3-5 cloves garlic, chopped
- 1 tsp. salt
- 1/2 lb. bacon, diced (or 3 diced hotdogs, sausage, or Mexican chorizo)
- 1 onion chopped
- 2 fresh tomatoes chopped (or one 15 oz. can of petite diced tomatoes)
- 2-3 sliced, pickled jalapenos (La Costena brand recommended) with 1/4 cup brine
- 1/3 cup chopped fresh cilantro
- 1/3 cup chopped fresh onion

Cook dried beans, or use 2 large cans of preferred beans. Mix in garlic and salt. Cook the bacon in a skillet over medium high heat until evenly brown, but still tender. Drain about half the fat. Place onion in the skillet, and cook until tender. Mix in tomatoes and jalapenos, and cook until heated through. Transfer to a slow cooker, stirring into the beans. Cover slow cooker, and continue cooking 4 hours on Low. Mix in cilantro and onion about 30 minutes before the end of the cook time.

## Traditional New Mexican Green Chile Sauce

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*Shared by Monica Muñoz*

- 1 T. vegetable oil
  - 1/4 onion, chopped
  - 1 or more cloves of minced garlic
  - 2 tsp. flour
  - 1-1/2 cups chopped NM green chile
  - salt to taste
  - 1 cup water
- Heat oil over low heat in sauce pan.  
Saute onion and garlic about 4 minutes.  
Add flour. Stir until golden brown.  
Stir in green chile, salt, and water. Bring to a boil.  
Cover and simmer over low heat for about 12 minutes.  
Makes approx. 2-1/2 cups

Fideo Recipe: <http://allrecipes.com/Recipe/Fideo/Detail.aspx>

Bizcochitos Recipe: <http://www.csmonitor.com/2006/1212/p18s02-hfks.html>

Ponche (hot fruit punch) Recipe:

<http://lesleytellez.wordpress.com/2010/12/13/how-to-make-ponche-the-traditional-mexican-christmas-punch/>