



Jesús' Original Mexican Food



Recipes

1. Flautas
2. Tacos
3. Enchiladas
4. Pozole

Flautas

Ingredients

Corn Tortilla 6

Chicken/turkey/ham

Tomatoes

Sour cream

Carrots

Refried beans

Avocado

Salt



Directions

1. Cook the chicken then shred the meat using forks.
2. Fill tortilla with chicken. Tightly roll the filled tortillas. Fold them using olive oil.
3. Fry the flautas in oil until golden and crispy. Be careful not to burn them!
4. Top them with salad, carrots, tomato, sour cream, avocado and refried beans.
5. Eat!

I chose this recipe because...

They are very crunchy. They are beautiful with avocado and lemon

Tacos

Ingredients

Ground Beef 1KG

Onions 3

Big Jalapenos 2

Tomato 1kg

Head of lettuce 1

Tortillas 10

Peppers 3

Avocado 3

Lemon 1

Sour cream

Low salt



Directions

1. First add oil to a pan and cook the beef
2. Once cooked, add the onions, tomatoes, jalapenos, salt and peppers
3. Whilst this is cooking, fry the corn tortilla until crispy.
4. Fill the tortilla with the beef and vegetable sauce
5. Add avocado, sour cream and lettuce on top

I chose this recipe because...

It is 5 stars! Excellent and Yummy!

Enchiladas

Ingredients

Chicken or pork
Green chillies
Black beans
Corn tortilla
Cheese
Sour cream



Directions

1. Cook the chicken or pork and add green chillies
2. Season with salt and pepper
3. Add beans to each tortilla
4. Then add the chicken or pork
5. Sprinkle with cheese
6. Roll up each tortilla and place in a baking tray
7. Spread the remaining sauce on top of the tortillas and sprinkle the cheese over them
8. Cook for 20 minutes

I chose this recipe because...

They are fantastic!

Pozole

Ingredients

- 1 small onion
- Corn flour
- Tomato paste
- Garlic
- Salt
- Chilli powder
- 2 cups water
- 3 cups chicken broth
- Red chillies
- Can of hominy
- 1 fresh lime
- Bread
- 1.5 cups shredded pork, chicken, or beef



Directions

1. Finely dice the onion, then add it to a large soup pot along with oil. Cook for 3-5 minutes.
2. Add the flour and chili powder and cook for two minutes more.
3. Add the water, tomato paste, garlic, and salt to the pot.
4. Finally, add the chicken broth, shredded meat, diced chillies, and hominy (drained). Stir and cook for 10 minutes.
5. Cut the lime into wedges and squeeze over the top of each bowl when served.
6. Eat with bread!

I chose this recipe because...

It is fantastic just like me!

Enjoy!

Buen Provecho!