

TEXAS RECIPE CARDS

MAKE A HEALTHY CHOICE
WITH THESE FUN TEXAS RECIPES!

TEXAS SUNSET CHILI (SERVES 4-6)

CHEF KELLY WALDRON

Ingredients

Vegetable Oil	1 Tbsp	Paprika, smoked	1 tsp
Ground Beef	1 lb	Salt	1 tsp
Onion, chopped	1/2 cup	Black Pepper	1/4 tsp
Garlic, minced	2 cloves	Beef Broth, low sodium	4 cups
Brown Sugar, packed	1 Tbsp	Tomatoes, canned, diced, low sodium	2 cups
Oregano, ground	1 tsp	Tomato Paste	3 Tbsp
Chili Powder	1 Tbsp	Black Beans, drained, low sodium	1 can (15 oz.)
Garlic Powder	1/2 tsp	Sweet Potatoes, peeled, cubed, uncooked	3 cups
Cayenne	1/2 tsp	Lime Juice, fresh squeezed	1 Tbsp
Cumin, ground	1 tsp	Cilantro, fresh, chopped	3 Tbsp

Preparation

1. Heat the vegetable oil in a large pot over medium-high heat. Add ground beef and break apart into small pieces. Cook beef until browned. Turn off heat. Drain fat.
2. Add onions and garlic to drained beef. Saute over medium heat until tender.
3. Add brown sugar and remaining 7 ingredients. mix well over medium heat for 3 minutes.
4. Add beef broth, tomatoes, tomato paste, black beans, and sweet potatoes to the beef mixture.
5. Simmer chili uncovered over medium heat for 30 to 45 minutes, or until sweet potatoes are tender.
6. Just before serving, stir in the lime juice and top with fresh cilantro.



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TEXAS TWISTED TOSTADAA (SERVES 6)

CHEF VAHISTA USSERY

Ingredients

Corn Tortillas	12	Onion, chopped	1/2 cup
Canola Oil	2 1/2 tsp	Small Zucchini, diced	1/2
Chili Powder	1/2 Tbsp	Black Beans, low sodium, drained and rinsed	1 can
Ground Cumin	1 tsp	Salsa, low sodium	1/2 cup
Garlic Powder	1/8 tsp	Mexican Cheese Blend, shredded	3/4 cup
Salt	1/4 tsp	Lettuce, shredded	3 cups
Ground Beef	1/2 lb	Tomatoes, chopped	3/4 cup

Preparation

1. Preheat oven to 400°F.
2. Lay corn tortillas on a cookie sheet in a single layer. Using 2 tsp of canola oil and a pastry brush, brush both sides of each tortilla.
3. Bake 8-10 minutes, turning halfway through. Bake until crisp.
4. Heat a large skillet over medium heat until hot. Add 1/2 tsp of canola oil and add spices. Cook for 30 seconds. Add beef and onion.
5. Once beef is almost brown, add zucchini to the skillet and continue cooking until beef is cooked through and zucchini is tender.
6. Add black beans to a saucepan with salsa and cook over medium heat until mixture begins to simmer and beans are heated through.
7. Turn off heat and mash beans to desired consistency for spreading.
8. Build your Texas Twisted Tostada by spreading a layer of beans on each shell. Top with beef and cheese. Add lettuce and tomato.



TEXAS WORLD TACOS (SERVES 5)

CHEF KELLY WALDRON

Ingredients

Soy Sauce, low sodium	1/2 cup	Sriracha Asian Hot Sauce (optional)	1 Tbsp
Cider Vinegar	1 Tbsp	Ground Beef	1 1/2 lbs
Brown Sugar, packed	1 Tbsp	Tortillas, 8"-10" whole grain	10
Ginger Root, grated	1 Tbsp	Romain Lettuce, shredded	4 cups
Garlic, minced	1 Tbsp	Cilantro, fresh, chopped	1/2 cup
Red Pepper Flakes, crushed (optional)	1/4 tsp	Carrots, shredded	2 1/2 cups

Preparation

1. Combine the first 7 ingredients to create the seasoning mixture. Mix well to dissolve the brown sugar.
2. Add the seasoning mixture to the ground beef and mix well.
3. Heat skillet over medium-high heat. Add seasoned ground beef to skillet. Break apart beef while stirring. Cook until completely browned.
4. Drain carrots and discard the liquid.
5. Follow directions to warm tortillas.
6. Now you are ready to build your tacos. Start with a layer of ground beef; add carrots, romaine lettuce and cilantro. Roll it up and enjoy your very own Texas World Taco!



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