

Beltaine 2020

Menu:

- ∞ Enchiladas
- ∞ Southwest Rice
- ∞ Watergate Salad
- ∞ Rice Pudding

Enchiladas

A meat and cheese filled tortilla eponymously named after its sauce.

Ingredient	Serves 6-10	Serves 12-16	Serves 24-30
Enchilada Sauce	16 oz.	32 oz.	48 oz.
Filling	2 C.	4 C.	8 C.
Tortillas (8in/any)	6-10	12-16	24-30
Cheese	12-16 oz; Divided	24-32 oz; Divided	32 - 40 oz; Divided
Vegetable Oil	2 Tbsp.	4 Tbsp.	8 Tbsp.

Directions:

1. Prepare the Filling - (what an understatement). The filling is traditionally red enchilada sauce with beef and cheddar cheese, and a green sauce with chicken and cotija / Mexican cheese blend. Ex.
 - a. Chicken - 2 Chicken Breast boiled till internal temperature is 165°F. Shred chicken with two serving forks while hot in a large bowl. Add ½ of the enchilada sauce to the meat.
 - b. Ground Beef - 1 - 1½ lbs. Ground Beef, 1 Medium White or Sweet Onion, 1 tsp. Minced Garlic. Sweat diced onions and garlic together, then brown the beef in the same pan until fully-cooked / brown and 165°F. Drain the mixture. Add about ⅓ of the enchilada sauce. Simmer for 5-10 Minutes
 - c. Vegetable 1 eggplant chopped into ¼ x ¼ pieces, 1 small onion diced ¼ C., 10 about a ¼ cup mushrooms chopped fine. Sautee the ingredients starting with the onion and mushroom. Remove to a large bowl and add about ⅓ of the enchilada sauce.
2. Preheat Oven to 375°F
3. Prepare for assembly! Depending on each 6-10 group will need a 9x13 pan however overcrowding is not an issue as long as they all fit.
 - . ~3 tbsp. Of enchilada sauce in the bottom of the baking pan. You will be coating the tortillas in sauce and then filling and adding cheese as you roll them up.
 - *TIP* Sauce, Fill, and Roll, all in the Baking pan.
 - *Make sure you reserve enchilada sauce and cheese for the top of the “casserole”*
4. Top with remaining enchilada sauce and cheese

5. Bake for ~30 minutes, or, until the cheese is lightly browned and enchiladas are heated thru

Southwest Rice

Rice with yummy southwestern flavor!

Ingredient	Serves 6-10	Serves 12-16	Serves 24-30
Rice, Cooked	2 C.	4 C.	8 C.
Corn, Can (15.25oz)	1	2	4
Black Beans, Can (15.25oz)	1C	2	4
Minced Garlic	2 Cloves	4 Cloves	1 Head / 8 Cloves
Green Pepper, Diced	½ C.	1 C.	2 C.
Onion, Red, Diced	¼ C.	½ C.	1 C.
Red Chili Flake	1 tsp.	2 tsp.	4 tsp
Vegetable Oil	1 Tbsp.	1 ½ Tbsp.	3 Tbsp.
Cilantro	1 Tbsp	2 Tbsp	4 Tbsp
Avocado, Sliced	1	2	4

Directions:

1. Thoroughly drain, rinse, and dry corn.
2. In a small sauce pan an the whole can of beans and simmer for 10 minutes.
3. In a large pan over medium-high heat add the oil, when shimmering, sauté corn until lightly browned.. Multiple batches may be needed. Add garlic, peppers, onion and chili flake toss for one minute.
4. Remove to a large mixing bowl and toss the Rice, Corn Mixture, and Black Beans
5. Make Dressing:

Lime Cumin Dressing

Ingredient	Serves 6-10	Serves 12 -16	Serves 24-30
Vegetable Oil	¼ C.	½ C.	1 C.
Garlic Minced	1 Tbsp.	2 Tbsp.	4 Tbsp.
Lime Juice (Fresh)	¼ C.	½ C.	1 C.
Sugar	¼ C.	½ C.	1 C
Cumin	1 Tbsp.	2 Tbsp.	4 Tbsp

- a. Mix ingredients until dissolved. Adjust with Salt and Pepper.
6. Toss the Dressing with Rice and Corn Mixture, and optional cilantro
7. Top with optional Avocado

Watergate Salad

A classic green dessert salad. Yes it should be that color!

Ingredient	Serves 6	Serves 12	Serves 24
Cool Whip Tub	1	2	4
Pistachio Pudding Mix	1 box	2 boxes	4 boxes
Chunk Pineapple, Can (15oz)	1	2	4
Small Marshmallows, Reserved	1 ¼ C	2 ½ C	5 C

Directions:

1. In a large bowl, Mix Pudding mix with **UNDRAINED** Pineapple
2. Stir in Cool Whip
3. Fold in Marshmallows
4. Top with reserved Marshmallows.

Rice Pudding

Baked Version, Excellent with Cream and Honey or Jams and Jellies of any kind.

Ingredient	Serves 6-8	Serves 12 -16	Serves 24 -32
Rice, Cooked	2 C.	4 C.	8 C.
Milk	1 1/3 C.	2 2/3	5 1/3 C
Egg, Large	2	4	8
Sugar, white or Packed Brown	6 Tbsp.	¾ C..	1 ½ C.
Butter, Unsalted	2 Tbsp.	4 Tbsp.	/88 Tbsp
Vanilla Extract	1 ½ tsp.	3 tsp.	6 tsp.
Salt	1/8 tsp.	¼ tsp.	½ tsp.

Directions:

1. Grease a shallow baking dish or ramekins with butter.
2. Combine and beat all ingredients until well blended.
3. Add Ins – Stir to combine
 - a. Raisins or Dates 1/3 C.
 - b. 1/3 Cup Dried Apple, 1 tsp. All Spice
4. Spread the Mixture into the baking vessel.
5. Bake until a knife inserted in the middle comes out clean.
~40 minutes for large dish. ~20 Minutes for ramekins

