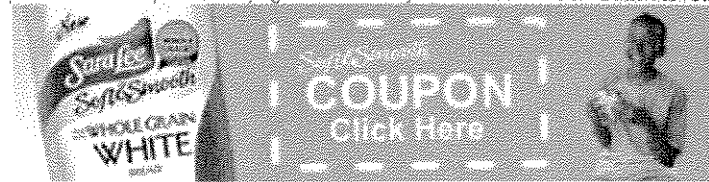


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## Shrimp Burritos

I worked at a Mexican restaurant that specializes in Baja dishes, and became addicted to this burrito... I moved away, so I had to create my own. The Chipotle Sauce is what makes it oh so yummy! Prep Time: approx. 25 Minutes. Cook Time: approx. 15 Minutes. Ready in: approx. 40 Minutes. Makes 6 servings.

Printed from **Allrecipes**, Submitted by **SHACKL**

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2 tablespoons vegetable oil	12 ounces frozen cooked shrimp without tails, thawed
1/2 cup chopped onion	2 teaspoons minced garlic
3/4 cup long-grain white rice	1/2 cup plain yogurt
3/4 teaspoon cumin	1/2 cup mayonnaise
3/4 teaspoon garlic salt	2 teaspoons pureed chipotle peppers in adobo sauce
1 1/2 cups chicken broth	6 (10 inch) flour tortillas, warmed
1/2 cup canned diced tomatoes	3 cups shredded Cheddar cheese
1 (16 ounce) can refried beans	1/3 cup salsa
3/4 teaspoon garlic salt	
1/2 teaspoon ground black pepper	

### Directions

- 1 Heat the vegetable oil in a saucepan over medium heat. Add the onion, and cook until tender, stirring frequently. Stir in rice, and season with cumin and 3/4 teaspoon of garlic salt. Cook and stir until the rice is lightly toasted, about 5 minutes. Pour in the chicken broth and the diced tomatoes. Bring to a boil, then cover and cook over low heat for 15 to 20 minutes, until all of the liquid has been absorbed.
- 2 In a small saucepan, stir together the refried beans, 3/4 teaspoon of garlic salt, and black pepper. Cook over low heat, stirring occasionally until heated through.
- 3 Place shrimp in a bowl, and stir in garlic until shrimp is coated. Heat a skillet over medium-high heat, and coat with cooking spray. Saute shrimp until heated through and lightly browned.
- 4 In a small bowl, stir together the yogurt, mayonnaise,

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and chipotle peppers until smooth. Refrigerate until ready to use.

- 5 Place about 1/4 cup of cheese onto each warm tortilla. Then place about 1/2 cup of shrimp on the cheese. Top with

# Peruvian Ceviche

used: 1 small onion  
3 tomatoes  
2 avocados  
salt/pepper

marinated for 12 hours

lemon juice  
less fruit juice; no lemon  
more lime less

## Mardon pic

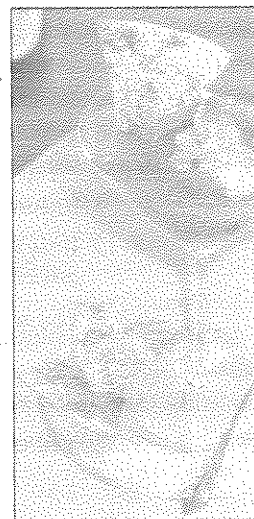
International Seafood Processors, Importers and Exporters  
www.mardon.com

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Food Facts - culinary dictionary, history of foods, newspapers, hints and tips, Q&A, herbs & sp.

This recipe was given to me by Leo Porter of Fort Kalamath, Oregon. Leo spent several years in Peru and is a wonderful gourmet cook. Ceviche is an appetizer that is popular throughout Latin America. The acidity of the lime juice actually "cooks" or "pickles" the seafood and firms the flesh.



To learn about the history of Ceviche, Seviche, Cebivhe click [HERE](#).

Check out my [Appetizer Recipes](#) and [Shrimp Recipes](#) for more great cooking ideas. Also check out [Purchasing](#), [Deveining](#), [Cooking](#), [Brining](#), and [Etiquette of Shrimp](#).

- 1 pound fresh fish fillet (such as red snapper, cod, halibut, flounder, bass, grouper, salmon, or bay scallops)\*
- 1 pound small bay shrimp, deveined, peeled, and cooked
- 1 lemon, juiced
- 4 to 5 limes, juiced
- 3 tablespoons green onions, minced
- 2 to 3 fresh tomatoes, minced
- 1/4 cup fresh cilantro leaves, minced (or to taste)
- Celery, minced (use the tender inner stalks only)
- Black olives
- 1 cup prepared good-quality tomato salsa (mild to medium)
- Freshly ground black pepper to taste
- Celery salt to taste
- 1 large can tomato juice
- Cilantro sprigs
- Tortilla chips

\* Use ONLY fresh top-quality fish and seafood (buy sushi-grade whenever possible). Texture is imperative to the only fresh, not previously frozen, seafood should be used.

Lay fish out and run hands over top, pressing slightly to look for any remaining bones. Cut fish in 3/4-inch strips and cut into 1/2-inch pieces.

Using a gallon jug, add fish and shrimp; add lemon and lime juice to jug (juice should just cover seafood in jug). Cover lid and shake. Refrigerate overnight or a minimum of 12 hours, shaking occasionally.

After seafood mixture has marinated, add green onions, tomatoes, cilantro, celery, olive, salsa, pepper, celery salt tomato juice to jug. NOTE: Depending on how much ingredients are used, may not need all the tomato juice. Shake then refrigerate until ready to serve.

### Turkey Chili

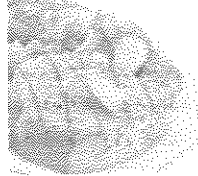
1/4 cup olive oil  
3 lbs raw ground turkey  
6 tbs chili powder  
3 tps salt  
10 cloves garlic, minced  
1 1/2 tsp ground cumin  
1 tsp ground marjoram  
1/4 tsp ground red pepper (or more)  
1/2 tsp black pepper  
1 tbs granulated sugar  
1 tbs unsweetened cocoa powder  
3 tbs paprika  
4 tbs flour  
7 tbs cornmeal  
1 can cooked pinto or kidney beans (optional)

Heat oil in 6-qt pot. Add ground turkey; sear over high heat. Stir until meat is gray, not brown. Add 4 cups water. Bring to boil and simmer 1 hour; skim off fat. Add spices (chili powder through paprika). Simmer 30 minutes.

In a small bowl, combine flour, cornmeal and 3/4 cup cold water. Stir into turkey mixture; stir for 5 minutes. Mixture will be very thick. Cool and store in refrigerator. (you can thicken with cornstarch also, or not thicken it at all)

To serve, add water to make chili of desired consistency. Reheat to simmering. Add pinto or kidney bean if desired. (we always add them)

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Grilled food  
just got  
even better!



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## Pumpkin Chili Mexicana

Your family will enjoy this tasty soup that's quick to make. Serve a tossed salad and tortilla chips to complete the meal. Prep Time: approx. 15 Minutes. Cook Time: approx. 40 Minutes. Ready in: approx. 55 Minutes. Makes 4 servings.

Printed from **Allrecipes**, Submitted by **Libby's® Pumpkin**

2 tablespoons vegetable oil	tomato sauce
1/2 cup chopped onion	1 (15.25 ounce) can canned
1 cup chopped red bell peppers	kidney beans, drained
1 clove garlic	1 (4 ounce) can ORTEGA®
1 pound ground turkey	Diced Green Chiles
2 (14.5 ounce) cans canned	1/2 cup whole kernel corn
peeled and diced tomatoes	1 tablespoon chili powder
1 (15 ounce) can	1 teaspoon ground cumin
LIBBY'S® 100% Pure Pumpkin	1 teaspoon salt
1 (15 ounce) can canned	1/2 teaspoon ground black pepper

### Directions

- 1 HEAT vegetable oil in large saucepan over medium-high heat. Add onion, bell pepper and garlic; cook, stirring frequently, for 5 to 7 minutes or until tender. Add turkey; cook until browned. Drain.
- 2 ADD tomatoes with juice, pumpkin, tomato sauce, beans, chiles, corn, chili powder, cumin, salt and pepper. Bring to a boil. Reduce heat to low. Cover; cook, stirring occasionally, for 30 minutes.

## Chicken and Black Bean Enchiladas

(Makes 4 to 6 enchiladas)

This enchilada dish can be tossed together in virtually no time at all, and a salad of oranges and red onion sprinkled with olive oil can be arranged while the enchiladas bake.

I find that two enchiladas constitute a portion; if you prefer a heartier serving, divide the filling among four, not six, tortillas.

2 tablespoons vegetable oil, plus additional for the dish  
1 to 2 cloves garlic  
4 scallions (white and tender green parts), chopped  
15-ounce can black beans, drained and rinsed  
1 chipotle chili pepper in adobo sauce, finely chopped  
1/2 teaspoon salt  
1/2 teaspoon ground cumin  
Few drops freshly squeezed lime juice  
1 cup diced, cooked chicken  
4 to 6 large flour tortillas  
2 cups (8 ounces) shredded Monterey Jack cheese  
About 1 cup green (tomatillo) salsa

Preheat the oven to 350 degrees. Oil an 8- or 9-inch-square baking dish.

In a large skillet over medium heat, heat the oil. Add the garlic and scallions and cook, stirring, for about 1 minute. Add the drained black beans and cook until heated through, about 5 minutes. Using a potato masher or the back of a wooden spoon, mash the beans. Add the chipotle, salt, cumin and lime juice and cook, stirring constantly, for 1 minute. Add the chicken and toss to combine; set aside.

Place a skillet over medium-high heat. Heat the tortillas, 1 at a time, until softened and flexible, about 10 seconds per side. Working 1 at a time, spoon one-sixth or one-quarter of the black bean-chicken mixture along the center of the tortilla, then sprinkle with about 1/4 cup of the cheese. Roll the sides of the tortilla over the filling and place it in the baking dish, seam-side down. Repeat with the remaining ingredients.

Sprinkle the rolled tortillas with the remaining cheese and pour the salsa over the top. Bake the enchiladas until the salsa is warmed through, about 20 minutes.

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## Chicken Enchiladas

This is a quick and easy recipe. Good for quick suppers.

Prep Time: approx. 30 Minutes. Cook Time: approx. 30

Minutes. Ready in: approx. 1 Hour 30 Minutes. Makes 8 servings.

Printed from **Allrecipes**, Submitted by **Debbie Donham**

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4 skinless, boneless chicken breast halves	1 (15 ounce) can tomato sauce
1 onion, chopped	1/2 cup water
1/2 pint sour cream	1 tablespoon chili powder
1 cup shredded Cheddar cheese	1/3 cup chopped green bell pepper
1 tablespoon dried parsley	1 clove garlic, minced
1/2 teaspoon dried oregano	8 (10 inch) flour tortillas
1/2 teaspoon ground black pepper	1 (12 ounce) jar taco sauce
1/2 teaspoon salt (optional)	3/4 cup shredded Cheddar cheese

### Directions

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 In a medium, non-stick skillet over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the skillet. Add the onion, sour cream, Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, tomato sauce, water, chili powder, green pepper and garlic.
- 3 Roll even amounts of the mixture in the tortillas. Arrange in a 9x13 inch baking dish. Cover with taco sauce and 3/4 cup Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

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## Red Enchilada Sauce

This is a rich, flavorful red enchilada sauce. Pour over your favorite enchiladas and you're all set. Prep Time: approx. 5 Minutes. Cook Time: approx. 15 Minutes. Ready in: approx. 20 Minutes. Makes 3 cups (8 servings).  
Printed from **Allrecipes**, Submitted by **Sara**

1 tablespoon olive oil	1/8 teaspoon salt
2 cloves garlic, minced	1/4 teaspoon ground cumin
1 teaspoon minced onion	1 teaspoon dried parsley
1/2 teaspoon dried oregano	1/4 cup salsa
2 1/2 teaspoons chili powder	1 (6 ounce) can tomato sauce
1/2 teaspoon dried basil	1 1/2 cups water
1/8 teaspoon ground black pepper	

### Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the garlic and saute for 1 to 2 minutes. Add the onion, oregano, chili powder, basil, ground black pepper, salt, cumin, parsley, salsa and tomato sauce.
- 2 Mix together and then stir in the water. Bring to a boil, reduce heat to low and simmer for 15 to 20 minutes.

## Banana Bread (Banaanikook)

1 3/4 tassi jahu  
2 1/4 tl küpsetuspulbrit  
1/2 tl soola  
1/3 tassi margariini  
2/3 tassi suhkrut  
1-2 muna  
1-1 1/4 tassi banaaniputru (umbes 3 banaani)  
kreeka pähkleid soovi korral

Eelsoojenda ahi 190 kraadini. Sega kausis kokku margarin, suhkur, munad ja banaanid. Lisa juurde kuivad koostisosad ja sega hästi. Vala segu võiga määratud vormi ja küpseta umbes tund aega, kuni nuga tuleb taaignast välja kuivana.

## Chicken Fajita Marinade

### Ingredients: XXM

1/4 C Beer  
1/3 C Lime juice  
1 T Olive or canola oil  
2 Large garlic cloves, crushed  
1 T Brown sugar  
1 T Worcestershire sauce  
1 T Minced fresh cilantro  
1/2 t Ground cumin  
Salt to taste

### Directions:

Combine all ingredients and mix well. Pour marinade over chicken in shallow glass, plastic or other non-reactive container (a 1-gallon plastic zip-top bag works well). Refrigerate for 1 to 3 hours. Makes enough for 1 to 1-1/2 pounds of chicken (4 servings).

## Pico de Gallo I

### Ingredients:

- 2 Large ripe tomatoes, seeded, pulp removed, finely chopped
- 1 Medium white onion, finely chopped
- 2 Large cloves garlic, minced
- 2/3 C Cucumber, peeled, seeded, finely diced
- 5 Radishes, finely diced
- 2 T Minced cilantro leaves
- 3 or 4 Fresh serrano chiles, seeded, very finely chopped
- 1 T White wine vinegar
- 1 T Fresh lime juice
- Salt to taste

### Directions:

Mix tomatoes, onion, garlic, cucumber, radishes, cilantro, chiles and vinegar. Sprinkle lime juice over all. Add salt to taste.

Best if refrigerated, covered, for at least 1 hour, and served the same day made. Makes about 3 cups.