



## Ingredients

---

1 1/2 pounds Flank steak  
1/2 cup cilantro, chopped  
4 cloves garlic, minced  
1 jalapeno, diced  
2 Tbsp lime juice  
1/4 cup soy sauce  
1/4 cup orange juice  
1 tsp cumin  
Kosher salt and pepper to taste

---

*Reserve 1/2 of the marinade for the flank steak.*

# Carne Asada



4 servings



4 hours and 45  
minutes

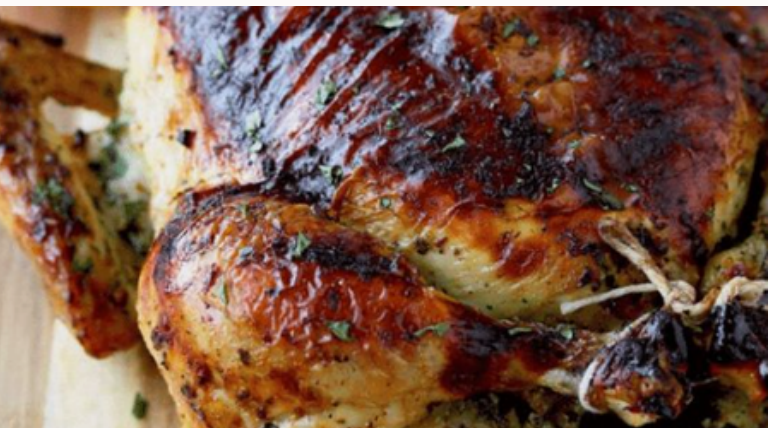
## Method

---

1. In a medium bowl, combine cilantro, olive oil, soy sauce, orange juice, lime juice, garlic, jalapeno, cumin and 1 teaspoon pepper; set aside 1/2 cup of the mixture in the refrigerator until ready to serve.
2. In a gallon size Ziploc bag or large bowl, combine steak and remaining cilantro mixture; marinate for at least 4 hours to overnight, turning the bag occasionally. Drain the steak from the marinade.
3. Preheat grill to medium high heat. Using paper towels, pat both sides of the steak dry; season with salt and pepper, to taste.
4. Add steak to grill, and cook, flipping once, until desired doneness, about 6 minutes per side for medium rare. Let rest 5 minutes.
5. Thinly slice steak against the grain and serve with reserved 1/2 cup cilantro mixture.

# Mojo Chicken

*With Cilantro, Orange and Lime*



4 Servings



1 Hour 30  
minutes

## INGREDIENTS

- 1 (5-6 pound) chicken
- 1/4 cup cilantro
- 8 cloves of garlic
- 1 zest of lemon
- 1 zest of lime
- 1 tsp oregano, dried
- 1/4 cup lime juice
- 1/4 tsp black pepper
- 1 tsp cumin
- 1/2 cup orange juice
- 4 TB butter

## DIRECTIONS

1. Remove the chicken giblets. Rinse the chicken inside and out.
2. In a small bowl, mix the marinade ingredients and pour over the chicken. Cover with plastic wrap and marinate for 4 hours or overnight.
3. Remove chicken from fridge 30 minutes before baking. Preheat oven to 425 degrees Fahrenheit. Arrange a rack in the lower part of the oven.
4. Remove chicken from the marinade and place on a roasting pan. Discard the marinade. Tie the legs together with twine and tuck the wing tips under the body.
5. Bake the chicken for 1 hour. If the breast is getting too golden, tent with foil. Bake an additional 15 minutes until it reaches 165 degrees.
6. Let rest for 10 minutes before serving.



# Barbacoa Beef

---



8 servings



1 hour 20  
minutes

## INGREDIENTS

3 chipotle peppers in  
adobo sauce  
2 tsp adobo sauce  
3Tbsp lime juice  
1/3 cup apple cider  
vinegar  
5 cloves of garlic,  
chopped  
1 Tbsp cumin  
2 tsp oregano  
1 1/2 cup beef broth  
4 lb. chuck roast  
1 yellow onion, diced  
2 chilis, diced  
3 tbsp tomato paste  
2 bay leaves

## DIRECTIONS

1. Cut roast into 6-8 large pieces
2. Add olive oil to instant pot and select “Saute”. When hot, add beef and cook for a minute or so on each side, until browned.
3. Remove browned beef to a plate and add onion. Saute for 2-3 min until soft.
4. Add in 1 cup of beef broth and scrape the bottom of the pot for browned bits. Add in tomato paste, chilis, and bay leaves.
5. Press “Cancel”. Return browned beef to the pot and pour the pureed chipotle sauce over the top.
6. Close the lid securely. Select “Manual” or “Pressure Cook” and adjust time to 60 minutes.
7. Remove beef pieces to a large bowl and shred.
8. Toss shredded beef with cooking liquid.



## Cornbread Casserole



9 servings



45 minutes

---

### INGREDIENTS

1 (15 oz) whole kernel  
corn

1 (15 oz) creamed corn  
3 Tbsp sugar

2 cups cornbread mix  
1/2 cup butter

1 cup sour cream  
1/2 tsp salt

### DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In an 8x8 or 9x9 inch glass pan, add 1/2 cup of melted butter.
3. Open the can of whole kernels, drain and place in pan.
4. Open the can of creamed corn and dump it into the pan.
5. Add 1 cup of sour cream, 3 tbsps of sugar and 1/2 tsp of salt.
6. Add 2 cups of cornbread mix and stir together.
7. Bake at 350 for about 30-45 minutes or until the edges turn golden brown. Can also use the toothpick test.
8. Let cool, before serving!



# Ropa Vieja

SERVINGS: 6

PREPPING TIME: 35 MIN

COOKING TIME: 1 HOUR

---

## Ingredients

2 pounds Flank steak  
1 cup Bell peppers, finely sliced  
1 large onion, finely sliced  
4 garlic cloves, minced  
1 cup tomato sauce  
Crushed Tomatoes: 1 can (14 oz), undrained.  
Beef Broth: 1 cup.  
Cumin: 1 teaspoon.  
Paprika: 1 teaspoon  
Bay Leaves: 2  
Olive Oil: 2 tablespoons.

## Directions

Heat the Instant Pot using the sauté function.  
Season the flank steak with salt and pepper.  
Sear the steak on both sides until golden brown. Set aside.  
Add olive oil, garlic, onions, and bell peppers to the same pot.  
Sauté until the vegetables are tender and aromatic.  
Pour in the tomato sauce, crushed tomatoes, beef broth, cumin, and paprika, and add bay leaves.  
Stir well, allowing the flavors to meld.  
Return the seared flank steak to the pot.  
Close the Instant Pot, set it to manual, and cook on high pressure for 60 minutes.  
Once cooked, shred the beef using two forks.  
Serve the Ropa Vieja over rice, garnishing with fresh cilantro.



## Mediterranean Roasted Vegetables



With Lemon and Balsamic Vinegar



4 servings



45 minutes

### INGREDIENTS

- 1/2 tsp basil
- 2 cups cherry tomatoes
- 4 cloves of garlic, chopped
- 1/2 lemon juice
- 1/2 tsp oregano
- Red onion, sliced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 tsp thyme
- 1 red bell pepper, large
- 1 yellow squash, quartered
- 1 zucchini squash, quartered
- Fresh parsley, for garnish

### DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit. Lightly spray baking sheet with cooking spray.
2. In a large bowl, combine the zucchini, red onion, yellow squash, tomatoes and garlic.
3. In a smaller bowl, whisk together the lemon juice, olive oil, balsamic vinegar, basil, oregano, and thyme. Drizzle over the vegetables and toss to coat. Spread them in an even layer on the baking sheet.
4. Roast the vegetables for 30 to 35 minutes, until tender and soft. Stir halfway through the cooking time.
5. Serve garnished with salt and pepper.





# Tzatziki Sauce

SERVINGS: 4

PREPPING TIME: 15 MIN

---

## Ingredients

1 large cucumber  
2 cups of plain Greek yogurt  
2 large garlic cloves, minced  
2 tablespoons Extra virgin olive oil  
1 Tablespoon fresh lemon juice  
1 tablespoon dill  
a pinch of salt

## Directions

1. Using a box grater, grate the whole cucumber and use cheesecloth for a tea towel, to squeeze out the extra liquid in the shredded cucumber.
2. Combine the shredded and drained cucumber, yogurt, garlic, olive oil, lemon juice,
3. Cover and refrigerate for 2 hours, or overnight.
4. Serve chilled, with pita bread, vegetables, or gyros. Store in an airtight container for 5 days.

# Fried Salmon Bites with a Garlic Cream Sauce

*With Lemon pepper and thyme*



4 servings



25 minutes

## INGREDIENTS

Salmon:

1 pound Salmon Fillets  
1/2 tsp garlic powder  
1/2 tsp paprika  
1 tablespoon lemon pepper  
1/2 tsp salt  
1/2 tsp thyme

Garlic Cream Sauce:

4 Tablespoons butter  
1/2 cup Heavy cream  
2 tablespoons garlic  
1/4 tsp salt and pepper  
1/4 cup lemon juice

## DIRECTIONS

1. Preheat the fryer to 390 degrees Fahrenheit.
2. Use a paper towel to pat the salmon filets dry.
3. Use a sharp knife to cut the salmon into 1-inch squares.
4. In a medium bowl, combine the garlic powder, lemon pepper, thyme and paprika. Gently toss to coat salmon.
5. Working in batches, place the salmon bites in an even layer in the basket of the fryer.
6. Fry for 4-5 minutes, or until 140-145 degrees Fahrenheit.
7. While salmon is cooking prepare the garlic sauce. In a medium saucepan, over med heat, add butter, heavy cream, garlic, salt and pepper.
8. Stir together until butter is fully melted and the mixture is fully combined. (4-5 minutes)





# Pot Roast

---



4 servings



4 Hours

## INGREDIENTS

3-pound boneless chuck roast  
16 ounces mushrooms, thickly sliced  
1 medium onion, cut into eights  
16 ounces of carrots  
5-6 medium red-skinned potatoes,  
quartered  
1 1/2 cups beef broth  
2 tablespoons Tomato paste  
1 cup red wine  
1 teaspoon thyme  
1 teaspoon rosemary  
1/2 tsp salt  
1/4 tsp pepper  
2 bay leaves

## NOTES

The red wine gives the roast a tanginess, so adjust from 2/3 cup to a cup for preference.

## DIRECTIONS

1. Preheat the oven to 325 degrees.
2. In a large dutch oven, heat the oil over medium high heat.
3. Use a paper towel to dry all the moisture off the chuck roast. Sprinkle with salt, pepper, rosemary and thyme.
4. Sear the meat in the dutch oven for 3-4 minutes on each side, until it forms a nice crust. Remove the chuck roast and place in the onions and mushrooms.
5. Stir and place the lid on the pan until the onions and mushrooms start to give up their liquid. Cook for 5-8 minutes, stirring occasionally.
6. Add the chuck roast and any accumulated drippings back to the dutch oven on top of the potatoes and carrots.
7. When the mushrooms and onions are done, pour in the red wine and let simmer for 2-3 minutes.
8. Stir in beef broth, tomato paste, and bay leaves until combined and pour into dutch oven.
9. Transfer covered pot into the oven and braise for 3 1/2 to 4 hours, depending on the size of the roast.
10. Remove and test doneness, by twisting the fork. If the meat is torn easily then it is done.

# Stroganoff

SIMPLE RECIPE

## Ingredients

---

- 1 1/2 pounds of flank steak
- 4 cloves of garlic
- 1 lb. mushrooms
- 1 med onion, yellow
- 1 1/2 cup beef broth
- 1 tablespoon Worcestershire sauce
- 1-pound wide noodles
- 3 tablespoons flour
- 1/4 cup butter
- 1/2 cup sour cream
- 1/2 cup white wine



## Directions

---

1. Cook the noodles in salted water until soft.
2. Meanwhile, saute the steak.
3. Remove the steak when done, and saute the vegetables for 7-8 minutes or until soft, stirring occasionally. Then add garlic and saute for 1 minute.
4. Add white wine and deglaze the pan. Let the mixture cook down for an additional 3 minutes.
5. In a small bowl, Melt the butter and whisk in the flour to create a paste. Add the Worcestershire sauce, combine and set aside.
6. In the pan, add beef broth and let simmer for 5 minutes. Add the paste to the pan and stir until combined, then pour in the sour cream and stir until incorporated fully.
7. Add steak and enjoy!



# Turmeric Rice



4 servings



20 minutes

## INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/4 cup onion finely diced
- 4 cloves garlic minced
- 1 cup jasmine rice rinsed
- 1 and 1/2 cups chicken broth low sodium
- 1 bay leaf dried
- salt to taste
- pepper to taste
- 1 and 1/2 teaspoon turmeric

## DIRECTIONS

1. Rinse rice until water runs clear, drain.
2. In a medium saucepan over medium heat, add olive oil and butter.
3. When butter is melted, add onion and garlic, saute until softened.
4. Add rice and turmeric. Stir until combined. Add chicken broth and bay leaf, cover pan. Increase heat and bring to a boil.
5. Reduce heat, allow to simmer 15-20 minutes, or until liquid is absorbed. Remove from heat and allow to sit for 5 minutes. Remove bay leaf, fluff with a fork and serve.

## NOTES