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## **DIY Homemade Taco Seasoning**

**By chef Hillori**

**Yields: about ½ cup**

### **Ingredients:**

1/4 cup chili powder

1 ½ Tbsp. ground cumin

2 tsp dried oregano (Mexican or Italian)

1 tsp garlic powder

½ tsp smoked paprika

### **Directions:**

Mix all ingredients together and store in an airtight container with a tight fitting lid. Sprinkle on veggies, chicken, ground beef, eggs or fish for a delicious taco flavor.

# Restaurant Style Salsa

**By Chef Hillori**

**Serves: 2 cups**

## **Ingredients:**

5 large tomatoes

2 cloves garlic

1 – 2 jalapeno (more jalapeno, more spice)

Water

1 – 2 green onion, chopped

1 clove garlic

¼ cup cilantro, chopped

1 tsp Hillori's taco seasoning

Salt, to taste

## **Directions:**

Use a medium size pot and fill with tomatoes, garlic and jalapenos. Add water ¼ of the way up the veggies.

Simmer on low heat until the skins are peeling away from the tomato.

There will be some residual water from the steamed veggies, so pour off into a separate container.

Let the veggies cool and peel the skins away from the tomato.

Add the tomato skins, simmered garlic, jalapeno, fresh garlic and some of the reserved tomato water to a blender and blend until smooth.

Add your tomatoes, green onion, fresh garlic, chopped cilantro, taco seasoning and salt and pulse until desired consistency.

Serve with your favorite chip or entrée!!

# Vegan Cheesy Refried Red Beans

By Chef Hillori

Serves: 4

## Ingredients:

3 tablespoons cooking oil (I like using ghee)

2 cans kidney beans with liquid or 3 ½ cups soaked/cooked beans \*

1 tablespoon Hillori's Taco Seasoning

Salt, to taste

½ - 1 cup nutritional yeast or use a vegan cheese alternative (I've used Motoko's)

## Directions:

Add oil to a skillet and heat on med high.

Pour in beans with their liquid and let simmer.

Mash to your desired consistency (adding more liquid if needed).

Add spice and mix.

Add nutritional yeast or vegan cheese and mix until it melts into the beans.

Serve with chips or aside tacos.

## Cooking Dried Beans:

1 cup of dried beans will give you about 2 – 3 cups of cooked beans. I like to cook more and freeze them for later use.

Add beans to warm water, filling about 4 - 5 inches above the beans. Add 1 tsp baking soda. Stir and let sit for at least 24 hours, changing the water a few times before cooking. When ready to cook, drain and add beans to a large pot with fresh water with about 2 inches of water above the beans. I like to add a small piece of Kombu to the water, tucked into the beans. This helps with digestion and adds a dose of healthy minerals to your beans. Simmer over the stove top, skimming any scum and let cook until beans are tender. Store the beans with liquid in freezer safe containers and freeze, if not using immediately.

# Homemade Cassava Tortillas

By Chef Hillori

Serves: 20 tortillas (4 – 5 inch)

## Ingredients:

2 cups cassava flour (Otto's, Bob's Red Mill or Pamela's)

½ cup pork lard, palm shortening or refined coconut oil (refined has no coconut taste)

1 tsp salt

¼ tsp garlic powder

1 tablespoon psyllium husk

1 ¼ cups water (you may need more or less depending on the cassava flour you use)

## Directions:

Add psyllium husk to one cup of water, give it a stir and set aside.

Melt lard/oil in a small sauce pan.

In a bowl combine cassava flour, salt and garlic powder and whisk to incorporate.

Add the melted lard or oil, psyllium and water mixture to your flour and using a spatula, mix together until it starts to form a ball in the bowl.

If it seems too dry, add a couple tablespoons of water at a time to bring it together.

Dough should be somewhat sticky, but still pliable enough to knead and form into small balls.

As you are working with the dough, cover with a damp paper towel or cloth.

If you have a cast iron skillet or comal, turn onto just above medium heat and heat through.

Roll your dough into balls (about 2 inches) forming as you go.

Flatten your dough balls with a tortilla press between two pieces of plastic (cutting the sides of a quart size freezer bag work well in this case).

Place the dough between the plastic and place on your tortilla press, pressing down to flatten.

Remove the dough and place onto hot cast iron skillet (Cooking for about 1 minute). Flip and cook the other side for about the same amount of time.

Note: if you do not have a tortilla press, you can use any heavier object with a flat surface such as a plate or cutting board to flatten. A rolling pin can also work if you don't have a flat surfaced object.

# Kale Guacamole with Homemade Tortilla Chips

By Chef Hillori

Serves: 3 – 4 cups

## Ingredients:

### GUAC

3 – 4 ripe avocados  
4 large leaves of kale, de-stemmed and chopped  
1 lemon, juiced  
1 small shallot, minced  
¼ cup cilantro, chopped  
Salt and pepper, to taste

### CHIPS

1 bag organic corn tortillas or Cassava tortillas  
Avocado or Olive oil  
Sea Salt

## Instructions:

Heat oven to 350 degrees.

Cut avocado in half and remove pit. Scoop out flesh into a bowl, chop and set aside.

Put the remaining ingredients into a food processor and pulse a few times until combined.

Add in the avocado and pulse again until you get the desired consistency (I like mine a bit chunky).

Taste for seasoning and add more lemon or a pinch more salt if desired.

Cut tortillas into six wedges with a sharp knife or pizza cutter.

Brush with oil on both sides.

Sprinkle with sea salt.

Bake in oven for about 8 – 10 minutes until lightly golden brown and crisp.

Let cool a bit.

Serve with Kale Guacamole.