

Menu for Spanish 2nd

Rice and Bean bowls

Fruit salsa and veggie plate

Guacamole, salsa and shredded veggies

Garnished with sour cream and cheese

RECIPES

Kiddie Salsa

Ingredients

2 cups tomatoes, chopped (about 4 tomatoes)

1 tablespoon cilantro, chopped

1 tablespoon red onion, chopped

2 teaspoons lime juice

Salt to taste

Place all of the ingredients in a food processor and puree.*

Serve with tortilla chips.

If you prefer your salsa a bit chunkier, simply put all of the ingredients in a bowl and then stir to combine.

Fruit Salsa

Ingredients

2 kiwis, peeled and diced

1 mango, peeled and diced

1/2 papaya, peeled and diced

2 tablespoons chopped fresh mint

1/2 cup orange juice

Combine the kiwi, mango, papaya, mint and orange juice in a large bowl. Refrigerate for up to 1 hour before serving.

Brown Rice

Ingredients

2 cups brown rice

4 cups water

2 cubes veggie bullion

Rinse rice in colander. Put rice, water and bullion in stock pot. Bring to a boil and then reduce and simmer for 45 minutes (follow package directions if they vary).

Black Beans

Ingredients

2 cups black beans

6 + 6 cups water (total 12)

1 tsp salt

2 garlic cloves

1 onion

Soak black beans in 6 cups water over night. Drain in strainer and put into crock pot with remaining 6 cups water and remaining ingredients. Turn crock pot on high for 4 hours or low for 6-8 hours until beans are soft and tender.

Kiddie Guacamole

Ingredients

2 avocado

1 tbsp lime juice

½ tsp sea salt

¼ tsp garlic powder

¼ tsp onion powder

Scoop avocado flesh out of skin and mash with a fork.

Squeeze in lime juice and mix well. Sprinkle salt, garlic and onion in and mix well again. Chill or serve immediately.

Shredded vegetable burrito bowl topper

Ingredients

1 jicama

1 carrot

¼ cabbage

Peel jicama and cut into pieces small enough to fit into food processor funnel. Cut stems off of carrots and wash well.

Take outer leaves off of cabbage and cut into four quarters.

Feed jicama and carrots into food processor with shredding blade. Feed cabbage into food processor with thin slicer blade. Toss together. Use to top bean and rice bowl.