

Abbreviations

STANDARD		METRIC			
tsp.	=	teaspoon	ml.	=	milliliter
tbsp.	=	tablespoon	l.	=	liter
oz.	=	ounce	g.	=	gram
qt.	=	quart	kg.	=	kilogram
lb.	=	pound	mg.	=	milligram

Standard-Metric Approximations

$\frac{1}{8}$ teaspoon	=	0.6 milliliter
$\frac{1}{4}$ teaspoon	=	1.2 milliliters
$\frac{1}{2}$ teaspoon	=	2.5 milliliters
1 teaspoon	=	5 milliliters
1 tablespoon	=	15 milliliters
4 tablespoons = $\frac{1}{4}$ cup	=	60 milliliters
8 tablespoons = $\frac{1}{2}$ cup	=	118 milliliters
16 tablespoons = 1 cup	=	236 milliliters
2 cups	=	473 milliliters
$2\frac{1}{2}$ cups	=	563 milliliters
4 cups	=	946 milliliters
1 quart = 4 cups	=	.94 liter

Solid Measurements

$\frac{1}{2}$ ounce	=	15 grams
1 ounce	=	25 grams
4 ounces	=	110 grams
16 ounces = 1 pound	=	454 grams

Appetizers

Beef Chimichangas

Chimichangas are little tortilla packets filled with beef, chicken, or cheese that are fried or baked until crisp.

1 lb. lean ground beef	¼ cup chopped green chiles
1 tsp. cumin	¼ cup sour cream
1 tsp. oregano	½ cup butter
3 tbsp. chili powder	8 8" flour tortillas
1 tsp. black pepper	1 cup grated cheddar cheese
1 garlic clove, crushed	

Preheat the oven to 500 degrees.

Place the ground beef, cumin, oregano, chili powder, black pepper, garlic, and green chiles in a 12" skillet. Cook over medium heat until the beef is browned. Drain.

Remove the pan from the heat and stir in the sour cream.

Melt the butter in a separate 10" skillet over medium heat. Using tongs, dip both sides of each tortilla into the butter. Drain off the excess.

Place ⅓ cup of the filling on the center of each tortilla. Fold the tortillas into square packets. Place seam side down in a 13x9" baking dish. Bake for 15 minutes or until crisp.

Remove the chimichangas from the oven and sprinkle with cheese. Return to the oven and bake for 2 more minutes to melt the cheese.

Serves 8

Chicken Chimichangas

2 skinless, boneless chicken breasts	½ tsp. ground cloves
1 chipotle chile, seeded	1 16 oz. can tomatillos, drained and chopped
1 tbsp. vegetable oil	2 15.5 oz. cans pinto beans, drained and rinsed
2 small onions, finely chopped	Salt and black pepper to taste
4 garlic cloves, crushed	8 10" flour tortillas
½ tsp. ground cumin	¼ to ½ cup oil, for frying
½ tsp. ground coriander	
½ tsp. ground cinnamon	

Place the chicken breasts in a large saucepan, cover with water and add the chipotle chile. Bring to a boil, then reduce the heat and simmer for 10 minutes or until the chicken is cooked through and the chile has softened.

Remove the chile and chop it finely. Set aside.

Remove the chicken breasts and put them on a plate. Let cool slightly, then shred with two forks. Set aside.

Heat 1 tbsp. vegetable oil in a 12" skillet over medium heat. Add the onions and sauté until soft, about 3 minutes, then add the garlic, cumin, coriander, cinnamon, and cloves. Cook for 3 more minutes, stirring.

Add the tomatillos and pinto beans. Cook for 5 more minutes, stirring constantly to break up the tomatillos and some of the beans.

Add the chopped chipotle chile. Reduce the heat to low and simmer for 5 more minutes.

Add the shredded chicken. Season with salt and pepper to taste.

Stack the tortillas together and cover with plastic wrap. Place in the microwave and cook for 30 seconds.

Spoon the filling into the center of each warmed tortilla. Fold in both sides, then fold the bottom of the tortilla up and the top down to form a square packet. Moisten with water around the edges to seal.

Heat the ¼ cup oil in a 2" deep skillet and fry the chimichangas in batches until crisp, turning once. Remove with a slotted spoon and drain on paper towels.

Serves 8