

Guacamole

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| 3 avocados | 1 teaspoon salt |
| 1 tomato | 1 teaspoon lemon juice |
| 2 onions | 5 green chilies |

Peel avocados. Cut tomato and onions.

Add green chilies, salt, and lemon juice.

Stir all ingredients. Serve with tortillas or tortilla chips.



Rice and Beans

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| 3 tablespoons oil | ½ teaspoon oregano |
| 2 garlic cloves | 3 tablespoons vinegar |
| 1 green pepper | 3 cups rice |
| 2 cans black beans | |

Put oil in hot pan and cook garlic and green pepper.

Add beans, oregano and vinegar. Serve over rice.



Salsa

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| 3 cups canned tomatoes | 1/2 teaspoon cumin |
| 1 teaspoon salt | 1/4 cup chopped onion |
| 1 teaspoon garlic powder | 2-3 chopped jalapeño peppers |
| 1/2 teaspoon oregano | |

Place all ingredients in the blender and mix. Serve with tortillas or tortilla chips. Makes 3 cups.



Gazpacha

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| 1 cup tomato juice | ½ teaspoon salt |
| ¾ cup cucumber | ¼ teaspoon pepper |
| 1 tablespoon vinegar | 1 small tomato |

Put all ingredients in blender and mix.

