

# MEXI-FEST

## RECIPES & GROCERY LIST



Makes 10 servings  
Cost per Serving:  
**\$2.97 CA/\$2.52 US**



### Cha Cha Chili

*Cha Cha Chili Seasoning*

### Guacamole

*Guacamole Dip Mix*

### Easy Peasy Tacos

*Easy Peasy Taco Mix*

### Cheddar & Jalapeño Cornbread

*Cheddar & Jalapeño Cornbread Mix*

### Poco Picante Salsa

*Poco Picante Salsa Mix*

Get your fix of Tex-Mex flavours with this Mexi-Fest showstopper menu. This is your chance to create a colourful schmorgesborg for date night, a themed family dinner, or a get together with friends!

This entire menu has the flexibility to go vegetarian with a substitution option for **Cha Cha Chili**. If you're in a pinch, take advantage of **Cheddar & Jalapeño Cornbread**—simply microwave in the **Round Steamer**.

Turn up the salsa music and start dancing in the kitchen—  
it's going to be a fun night!

# GROCERY LIST

## EPICURE PRODUCTS

- Cha Cha Chili Seasoning
- Cheddar & Jalapeño Cornbread Mix
- Easy Peasy Taco Mix
- Guacamole Dip Mix
- Poco Picante Salsa Mix

## PRODUCE

- 2 ripe avocados (Guacamole)
- 1 large tomato (Poco Picante Salsa)  
*Swap: 1 cup canned diced tomatoes*
- ½ lime (Easy Peasy Tacos)

## PANTRY STAPLES

- 1 can (28 oz/796 ml) diced tomatoes (Cha Cha Chili)
- 2 tsp lime juice
  - 1 tsp, optional (Guacamole)
  - 1 tsp, optional (Poco Picante Salsa)
- 3 tbsp olive oil (Easy Peasy Tacos)

## PROTEIN

- 2 eggs (Cheddar & Jalapeño Cornbread)
- 1 lb (450 g) lean ground beef (Cha Cha Chili)  
*Swap: ground chicken or turkey*
- 1 can (19 oz/540 ml) kidney beans (Cha Cha Chili)

## DAIRY

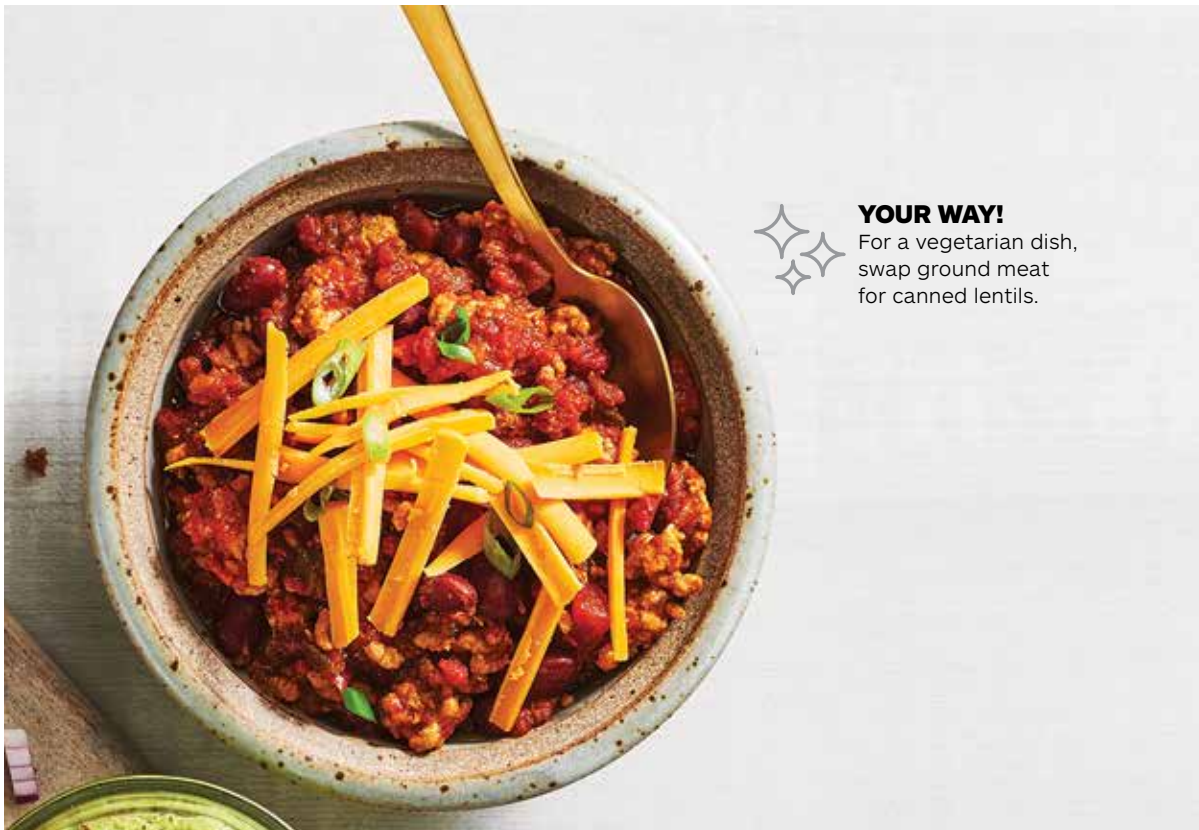
- ¾ cup milk, your choice (Cheddar & Jalapeño Cornbread)
- ½ cup grated cheddar cheese (Cheddar & Jalapeño Cornbread)
- ¼ cup unsalted butter (Cheddar & Jalapeño Cornbread)

## BAKERY

- 8 corn tortillas (Easy Peasy Tacos)  
*Swap: taco shells*



# CHA CHA CHILI



## YOUR WAY!

For a vegetarian dish, swap ground meat for canned lentils.



TOTAL TIME: 20 min



4 SERVINGS



\$2.30 CA/\$1.96 US PER SERVING

## INGREDIENTS

- 1 lb (450 g) lean ground beef, ground chicken or turkey
- 1 can (19 oz/540 ml) kidney beans
- 1 pkg **Cha Cha Chili Seasoning**
- 1 can (28 oz/796 ml) diced tomatoes
- ½ cup water

## NUTRITIONAL INFO

**Per serving (1 ¾ cups):** Calories 330, Fat 6 g (Saturated 1.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 460 mg, Carbohydrate 38 g (Fiber 12 g, Sugars 13 g), Protein 31 g.

## INSTRUCTIONS

1. Cook beef in a large fry pan over medium heat using **Ground Meat Separator** to break up chunks, until beef is browned, 3–4 min. Drain excess fat.
2. Meanwhile, drain and rinse beans.
3. Stir in seasoning, beans, tomatoes, and water. Simmer 12–15 min, stirring occasionally.

# GUACAMOLE

## KITCHEN HACK

For best colour and texture, by-pass overly soft avocados when shopping. Plan ahead and choose firm ones; place in a paper bag with a banana. They'll ripen perfectly in 2-3 days and have better flavour too.



TOTAL TIME: 5 min



2 CUPS



\$0.40 CA/\$0.34 US PER SERVING

Think outside the fajita (or taco)! Guac makes a great dip for veggies too!

## INGREDIENTS

2 ripe avocados  
3 tbsp **Guacamole Dip Mix**  
lime juice, optional

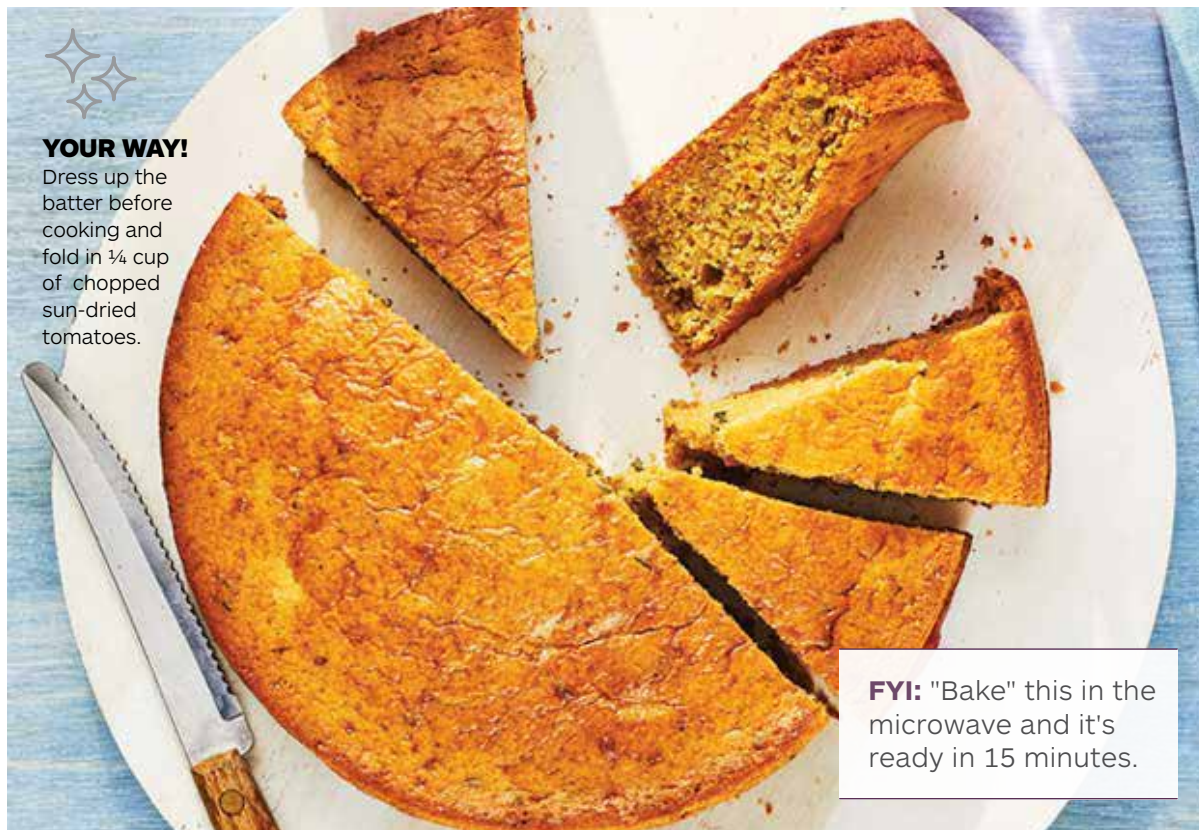
## NUTRITIONAL INFO

**Per serving (¼ cup):** Calories 90, Fat 7 g  
(Saturated 1 g, Trans 0 g), Cholesterol 0 mg,  
Sodium 120 mg, Carbohydrate 6 g (Fiber 4 g,  
Sugars 1 g), Protein 1 g.

## INSTRUCTIONS

1. Mash avocados and combine with dip mix and a splash of lime juice.

# CHEDDAR & JALAPEÑO CORNBREAD



## YOUR WAY!

Dress up the batter before cooking and fold in  $\frac{1}{4}$  cup of chopped sun-dried tomatoes.

**FYI:** "Bake" this in the microwave and it's ready in 15 minutes.

 **TOTAL TIME:** 20 min  **8" ROUND LOAF FOR 12 SERVINGS**  **\$0.65 CA/\$0.55 US PER SERVING**

## INGREDIENTS

$\frac{1}{4}$  cup unsalted butter

$\frac{3}{4}$  cup milk, your choice

2 eggs

1 pkg **Cheddar & Jalapeño Cornbread Mix**

$\frac{1}{2}$  cup grated cheddar cheese

**Toppings (optional): Better Than Bacon Topper**

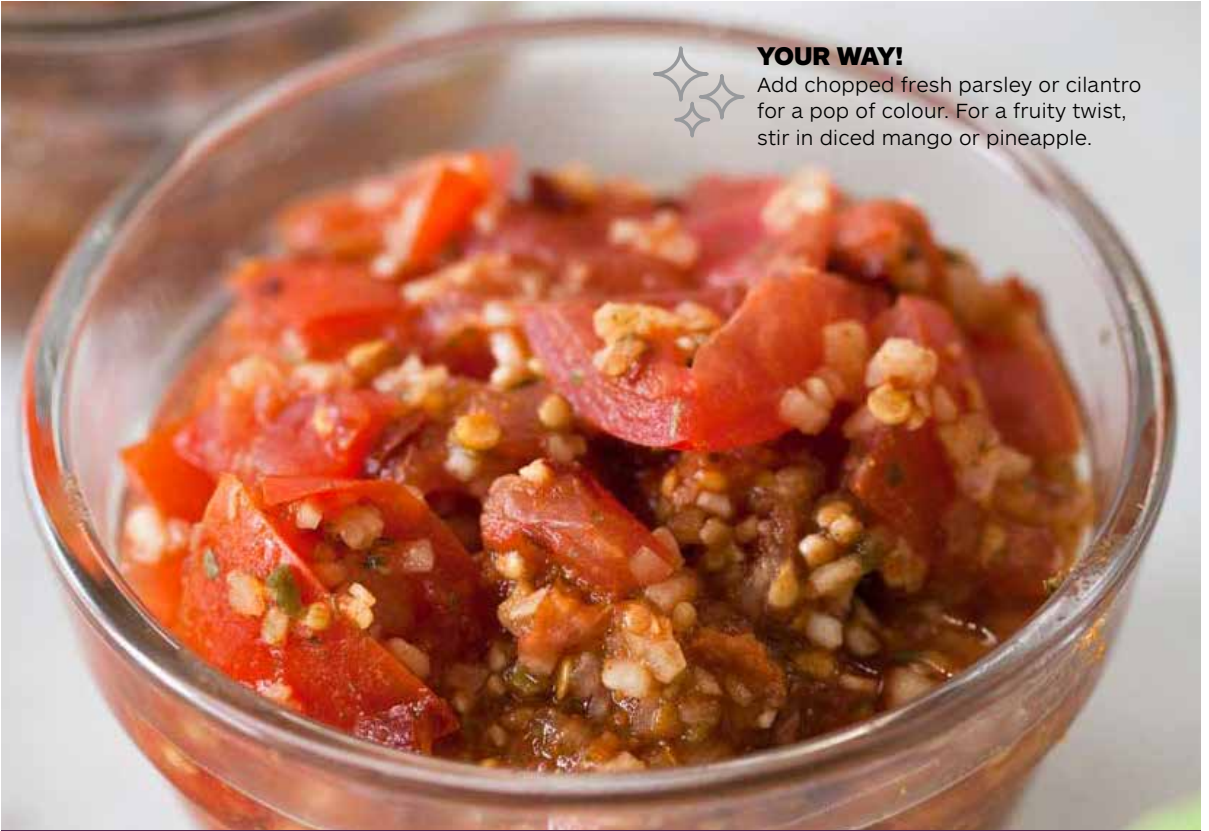
## NUTRITIONAL INFO

**Per serving:** Calories 150, Fat 7 g (Saturated 4 g, Trans 0.1 g), Cholesterol 60 mg, Sodium 180 mg, Carbohydrate 16 g (Fiber 1 g, Sugars 4 g), Protein 5 g.

## INSTRUCTIONS

1. Cube butter. In a large microwaveable bowl, heat butter and milk on high for 1 min. Remove from microwave; whisk until butter melts.
2. Whisk in eggs until foamy; add mix. Whisk vigorously until no lumps remain.
3. Stir in cheese.
4. Pour into an oiled **Round Steamer**. Cover; microwave on high, 9 min. Or, pour into oiled **Round Cake Pan** placed on a **Sheet Pan**. Bake in preheated 350° F oven for 35–40 min.
5. Rest for 5 min, then invert onto **Cooling Rack**.

# POCO PICANTE SALSA



## YOUR WAY!

Add chopped fresh parsley or cilantro for a pop of colour. For a fruity twist, stir in diced mango or pineapple.



TOTAL TIME: 10 min



1 CUP



\$0.20 CA/\$0.17 US PER SERVING

## INGREDIENTS

2 tbsp **Poco Picante Salsa Mix**  
1 cup diced tomatoes  
1 tsp lime juice, optional  
Cilantro, optional

## NUTRITIONAL INFO

**Per serving (2 tbsp):** Calories 10, Fat 0.1 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 85 mg, Carbohydrate 2 g (Fiber 1 g, Sugars 1 g), Protein 0.4 g.

## INSTRUCTIONS

1. Add salsa mix to tomatoes. Add lime juice and cilantro, if desired. Let stand 10 min before serving.