



A Closer Look

ALABAMA COOPERATIVE EXTENSION SYSTEM / ALABAMA A&M AND AUBURN UNIVERSITIES

A TASTE OF TEX-MEX



It's fun to fix food for your friends, your family, and yourself. Tex-Mex foods are good to eat and fun to make. Try these recipes and think of your own menu. Include servings from all food groups. The five food groups are bread, cereal, rice, and pasta group; vegetable group; fruit group; milk, yogurt, and cheese group; meat, poultry, fish, dry beans, eggs, and nuts group.

SLOPPY JOES

This makes enough for four people.

You will need:

- 1 pound ground beef
- 1/2 teaspoon salt
- 1 small onion, chopped
- 1 cup catsup or 1 can tomato soup (10 1/2-ounce), undiluted
- 1/4 cup grated Parmesan cheese (optional)
- 4 buns, biscuits, or slices of bread

How to make:

1. Break ground beef into small pieces.
2. Put ground beef, onion, and salt into frying pan and cook until meat is brown. Stir as it cooks. Drain fat.
3. Add catsup or tomato soup. Add cheese if you wish. Stir well. Cook about 15 minutes. Stir some as it cooks.
4. Put meat on buns or bread.

WHAT'S GOOD TO EAT WITH SLOPPY JOES?

Sample Menu:

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| Green Salad | Apple Slices |
| Sloppy Joes | Milk |



This menu includes servings from all of the food groups. Sloppy Joes contain meat and bread.

Think of things you would like to eat with Sloppy Joes. Write down two menus to serve with Sloppy Joes. Be sure to include foods from all food groups.

My Menu:

My Menu:

EASY TAMALES CASSEROLE

This makes enough for four people.

You will need:

- 1 can tamales (14½-ounce)
- 1 can chili without beans (15-ounce)
- 1 tablespoon dried minced onion
- 2 cups coarsely crushed corn chips
- 4 slices American cheese, cut in half

How to make:

1. Turn on oven to 350 degrees F.
2. Unwrap tamales if they have a wrapper.
3. Cut them crosswise into ½-inch thick slices.



4. Put them in a baking pan sprayed with a non-stick cooking spray.
5. Combine chili and onion. Spread over tamales. Top with chips.
6. Bake, covered, for 25 minutes.
7. Remove cover. Put cheese slices over top of casserole and bake, uncovered, 10 minutes.

WHAT IS GOOD TO EAT WITH TAMALES CASSEROLE?

Sample Menu:

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|------------------|---------------|
| Slaw | Orange Slices |
| Tamale Casserole | Milk |

This menu includes servings from all of the food groups. The Tamale Casserole has foods from three of the food groups. Write down which three food groups are in the casserole.

Think of other things you might like to eat with Tamale Casserole. Write down two menus to serve with the casserole. Be sure you include foods from all of the food groups.

My Menu:

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NACHO SANDWICH

- 2 flour tortillas, warmed
- ½ cup vegetarian refried beans, heated
- ¼ cup grated cheddar cheese
- ¼ cup shredded lettuce
- ¼ cup chopped tomato

Spread tortillas evenly with beans. Top equally with remaining ingredients. Fold over one end of each tortilla and roll up sideways. Makes 2 servings.

WHAT IS GOOD TO EAT WITH A NACHO SANDWICH?

Sample Menu:

- Nacho Sandwich Apple Milk

This menu has food from all of the food groups. The Nacho Sandwich has food from four groups. Write down which four groups the Nacho Sandwich has.

Think of other things you would like to eat with Nacho Sandwiches. Write down two menus to serve with Nacho Sandwiches. Be sure to include foods from all of the food groups.

My Menu:

My Menu:

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