

Enchilada Dipping Rice

Serve as a dip with chips or as a main dish.

- 2 lbs. ground beef or turkey
- 1 (1-oz) package taco seasoning
- 1 (10-oz) can diced tomatoes and green chilies, undrained.
- 1 (10-oz) can red enchilada sauce
- 1 (10.75-oz) can condensed Fiesta Nacho Cheese Soup (or plain cheese soup)
- 2 cups cooked white or brown rice
- 1 (16-oz) can refried beans
- 4 cups shredded Mexican cheese



blend

instructions:

- Preheat oven to 350°F. Lightly spray a 9x13-inch pan with cooking spray.
- In a large skillet over medium-high heat, cook ground beef until no longer pink. Drain fat.
- Add taco seasoning and diced tomatoes and green chills to meat in skillet. Stir and cook on low for 5 min. Remove from heat.
- Place cooked meat in large bowl. Add enchilada sauce, cheese soup, cooked rice, refried beans. Stir to combine,
- Spread rice mixture into prepared pan. Top with shredded cheese.
- Bake until heated through, 20 to 30 min.
- Serve with chips for dipping or garnish with favorite taco toppings and serve as a main dish.

<https://www.plainchicken.com/2019/02/enchilada-dipping-rice-football-friday.html>



Low-Carb Keto Tacos

- 2 cups shredded Mexican cheese blend
- 1 lb. ground beef or turkey
- 1 (1-oz) package taco seasoning
- 1 (10-oz) can diced tomatoes and green chilies
- 1/3 cup water

INSTRUCTIONS:

1. Preheat oven to 350°F. Line a baking sheet with a Silpat or parchment paper.
2. Divide cheese into 4-inch circles. Bake for 5 to 7 min, until the cheese is bubbly and the edges start to brown.
3. Remove from oven and let cool slightly, about 2 min. Carefully remove from pan and press into cups of a standard muffin pan. Cool completely.
4. In a large skillet over medium-high heat, cook ground beef until no longer pink. Drain fat.
5. Add taco seasoning, diced tomatoes and green chilies and water. Bring to a boil. Reduce heat and simmer for 5 min. Makes 12.

<https://www.plainchicken.com/2019/01/low-carb-keto-tacos.html>

Low Carb Chicken Taco Soup

- 2 lb. boneless skinless chicken breasts
- 2 (8-oz) pkg. cream cheese
- 1 (1-oz) pkg. Hidden Valley Original Ranch Seasoning and Salad Dressing Mix
- 3 Tbsp. southwestern seasoning (Mrs. Dash Southwest Chipotle)
- 2 (10-oz) cans Rotel diced tomatoes and green chilies
- 4 cups chicken broth



instructions:

1. Place all ingredients in a 6-qt Slow Cooker. Cover and cook on LOW for 6 to 8 hours.
2. Remove chicken from Slow Cooker and shred with two forks. Return to Slow Cooker and stir.
3. Serve with cheese, cilantro and sour cream, if desired.

<http://www.plainchicken.com/2018/01/slow-cooker-low-carb-chicken-taco-soup.html>



Slow Cooker Mojo Pork



- 1 (3 to 4-lb) boneless pork shoulder/pork butt
- 1 Tbsp. vegetable oil
- 4 garlic cloves, minced
- 1 Tbsp. cumin
- 1-1/2 tsp kosher salt
- 1 tsp dried oregano
- 1 cup freshly squeezed orange juice
- 4 limes, juiced

instructions:

1. Heat oil in a large skillet over medium-high heat. Add pork and brown on all sides, about 6 to 8 minutes total.
2. Add pork to 6-qt slow cooker. Add remaining ingredients.
3. Cover and cook on LOW for 8 hours.
4. Remove pork from slow cooker and shred. Return shredded meat to slow cooker. Cover and cook for 15 minutes.
5. Serve in tortillas with favorite taco toppings. Serves 6-8.

<https://www.plainchicken.com/2018/03/slow-cooker-mojo-pork.html>



Frozen Strawberry Margarita Pie

- 1-1/2 cups graham cracker crumbs
- 5 Tbsp. powdered sugar
- 6 Tbsp. butter, melted
- 1 (14-oz) can sweetened condensed milk
- 1/2 cup frozen margarita mix concentrate, thawed
- 1 (16-oz) container frozen sliced strawberries with sugar, thawed
- 1 (8-oz) container cool whip, thawed



INSTRUCTIONS:

1. Combine graham cracker crumbs, powdered sugar, and melted butter. Press into bottom of 9-INCH SPRINGFORM PAN.
2. Combine sweetened condensed milk and margarita mix in large bowl. Beat with an electric mixer until smooth.
3. Add strawberries and beat at low speed until mixed.
4. Fold in cool whip and pour into prepared crust.
5. Cover with plastic wrap and freezer for at least 4 hours or overnight.
6. Let stand at room temperature 15 min. before slicing.

<http://www.plainchicken.com/2018/04/frozen-strawberry-margarita-pie.html>

Tres Leches Cake



Cake

- 1 box yellow cake mix (Duncan Hines), plus ingredients to make cake
- 3/4 tsp cinnamon

Milk Mixture

- 1 can sweetened condensed milk
- 1 (12-oz) can evaporated milk
- 1 cup half-and-half

Whipped Cream Topping

- 2 cups heaving whipping cream
- 1/2 cup powdered sugar
- 1 tsp vanilla extract
- cherries

instructions:

1. Mix cake mix, cinnamon, plus ingredients to make according to package directions. Bake in a greased and floured 9x13 pan. Cool completely.
2. Mix together sweetened condensed milk, evaporated milk and half and half. Poke holes in cake and slowly pour milk mixture over cake. Cover and refrigerate overnight.
3. When ready to serve, whip together heavy cream, powdered sugar and vanilla extract. (I chill my mixing bowl in the freezer for 5-10 min. before adding the cream and sugar). Whip at high speed for 1-2 min. Spread over cake and top each slice with a cherry.

<http://www.plainchicken.com/2012/05/tres-leche-cake.html>

