

Texmex Chili (slow cooker)

INGREDIENTS

- 1 small yellow onion, chopped
- 1 bell pepper, seeded and chopped
- 2 medium carrots, chopped
- 2 celery stalks, chopped
- 2 15-ounce cans crushed tomatoes
- 1 15-ounce can diced tomatoes
- 1 15-ounce can kidney beans, drained
- 1 15-ounce can black beans, drained
- 1 15-ounce can pinto beans, drained
- 2 teaspoons salt
- 2 tablespoons taco seasoning*

- *If using a taco seasoning that includes salt, omit the salt.

DIRECTIONS

1. Place all ingredients in slow cooker and cook on low for 7-8 hours or on high for 3-4 hours.
2. Before serving, if the chili is too thin, using a large spoon or potato masher, smash some of the beans and ingredients to thicken. Let cook for another 15 minutes after smashing.
3. Serve with your preferred toppings: sour cream, shredded cheese, tortilla chips, diced onion

Leftovers can be served on lettuce for a taco salad, with tortillas for simple tacos or burritos, or with cooked rice.



Pineapple Salsa Fish

INGREDIENTS

Salsa

- 1 15-ounce can pineapple tidbits, drained
- 1 15-ounce can corn, drained
- 1 small bunch green onions / scallions, thinly sliced, separate white and green
- 2 lime, zested and juiced
- 1/4 cup cilantro, chopped
- 1 teaspoon salt
- 1 tablespoon olive oil

Fish

- 1/2 cup flour
- 1 1/2 teaspoons salt
- 1 teaspoon pepper, divided
- 2 tablespoons oil
- 6 ounces white fish like tilapia
- 4 cups Romain lettuce, chopped
- dash of cayenne pepper

DIRECTIONS

1. In a medium bowl, combine salsa ingredients: pineapple, corn, scallions whites, lime zest, lime juice, cilantro, salt, and olive oil. Stir to combine and set aside.
2. In a flat bowl or plate, combine flour, salt and pepper. Stir to combine.
3. Pat fish dry with a paper towel and then lay each side in the flour to light coat each side.
4. In a medium skillet, heat pan on medium-high until heated through (a water droplet should ball up and dance on the surface when hot enough).
5. Add olive oil to the pan, tilting the pan to ensure an even coating on the surface of the pan.
6. Place the fish in the pan and cook, without moving, for approximately 2 minutes until browned and not sticking to the pan. Flip the fish and cook approximately 2-3 more minutes until cooked through.
7. Serve fish on a bed of 1 cup of chopped lettuce. Top with 1/2 cup of pineapple-corn salsa and a light dash of cayenne pepper.

