Random Taco Cookbook



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# Bulgar Black Bean Filling & Corn Salad with Simple Salsa Verde and Universal Taco Seasoning in/in a Hard Corn Shells (Traditional; US)

## Hard Corn Shells (Traditional; US)  
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Mistakenly thought by many to be traditionally Mexican, hard shells were actually popularized in the US in the mid-20th century.  
  
While they can certainly be made at home (if you have access to a deep-fryer), the best method of obtaining hard taco shells is to head to the grocery store.

## Bulgar Black Bean Filling  
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This is a quick and easy vegetarian substitute for a ground beef-like texture without using a soy substitute.  
  
\* 1 cup cooked, strained bulgar  
\* 1/3 cup cooked black beans (or canned), rinsed and strained.  
  
Mix bulgar and black beans together. For better texture, slightly mash the black beans. Add your choice of seasonings to taste and serve.

## Corn Salad  
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\* 2 Ears of corn  
\* 1 Lime, juiced  
\* Small handful of Cilantro, chopped  
\* A few green onions, chopped  
\* Garlic salt, or Garlic AND salt. I use Trader Joe's Garlic Salt in the grinder usually.   
  
Cut the corn off of the cob, and in a mixing bowl mix together corn, lime juice, chopped cilantro and garlic salt. You can tweak any of this stuff as desired.  
  
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This is my first Github commit. I'm glad it's taco related.

## Simple Salsa Verde  
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I got this base recipe from a vegan friend. If you can't find one of these peppers, swap in another one!  
  
\* 6 Average-sized tomatillos  
\* 1 Poblano pepper  
\* 1 Serrano pepper  
\* 1 Jalapeno pepper  
\* 1 Sweet red pepper  
\* Juice of 1 or 2 fresh-squeezed limes (to taste)  
\* Pinch or two kosher salt (to taste)  
  
You're in charge of the heat here. For a milder salsa, remove all the ribs and seeds inside the peppers. For medium, leave in a few ribs, and for hot, go nuts. Rough chop the peppers and tomatillos, then throw into a blender or food processor with salt and lime juice. Pulse to desired consistency.  
  
As with most salsas, this will taste better if you let it sit in the fridge for a few hours before eating. It's great on chips or drizzled over steak or pork tacos.

## Universal Taco Seasoning  
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I got tired of buying packets of store-bought taco seasoning, so I experimented with various spices and ratios until I landed on this recipe. I keep a jar of it in the cupboard at all times.  
  
\* 6 tbsp chili powder  
\* 4 tbsp cumin  
\* 4 tbsp corn starch  
\* 3 tbsp onion powder  
\* 1 tbsp salt  
\* 1 tbsp garlic powder  
\* 4 tsp oregano (Mexican oregano, if you've got it)  
\* 2 tsp crushed red pepper  
  
Combine in Mason jar and shake well to combine.  
  
This mix works well for chicken, pork and beef, destined for the grill, oven, slow cooker or stovetop. You could tweak it a bit to target a specific meat, but I like to have a base, universal mix around. Makes it super easy to turn leftover anything into delicious taco filling: Just chop up whatever it is, toss it into a skillet, sprinkle generously with seasoning, then add a bit of water and simmer to impart flavor.