

# Black Beans

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| 1 | 1 lbs   | Black Beans  | Soak overnight.  |
| 2 | 1<br>2 Tbsp                                   | Onion, Diced<br>Olive Oil  | Add olive oil and onions to pot on medium heat. Stir until softened.   |
| 3 | 6 Cups<br>5 g<br>5 g<br>5 g<br>10 g<br>2 Tbsp | Water<br>Cumin<br>Mexican Oragano<br>Garlic Powder<br>Sugar<br>Apple Cider Vinegar | Drain your beans, and add the drained beans to the pot. Cover with water, and add seasonings. Bring to a boil and simmer for one hour. |
| 4 | 15 g  | Chicken base   | Add chicken base, stir, and simmer for another hour.   |

# Cilantro-Lime Rice

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| 1 | 180 g<br>10 g<br>1 Tbsp | Rice<br>Salt<br>Olive oil | Wash the rice. Cook the rice in a rice cooker.              |
| 2 | 1 Tbsp<br>1/2 Bunch     | Lime Juice<br>Cilantro    | Mix in lime juice and cilantro, then let rest on keep-warm. |

# Fajita Vegetables

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| 1 | 1 1/2<br>1<br>8 oz<br>3 Tbsp | Red Onion<br>Bell Pepper<br>Sliced Mushrooms<br>Olive Oil<br>Salt and Pepper | Julienne the onions and bell pepper. Add oil and vegetables to a hot pan and let sear for two minutes. Add salt and pepper, then let cook, tossing occasionally. |
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# Adobe Chicken

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| 1 | 60 g<br>15 g<br>5 g<br>2 g<br>5 g<br>5 g<br>18 g<br>8 g<br>114 fl. oz | Chile Powder<br>Minced Garlic<br>Black Pepper<br>Ground Cinnamon<br>Cumin<br>Mexican Oregano<br>Apple Cider Vinegar<br>Salt<br>Water | Roast garlic in a pan and blend with remaining ingredients  |
| 2 | 1/2<br>3 Tbsp<br>2 Tbsp   | Red Onion, Diced<br>Olive Oil<br>Lime Juice  | Add additional ingredients and blend.   |
| 3 | 1 lb  | Chicken Thighs   | Debone and flatten chicken thighs. Add marinade and chicken to a disposable bag and refrigerate for 30 minutes. |
| 4 | 1 Tbsp  | Vegetable Oil  | Add oil to a cast-iron pan. Once smoking, cook chicken in batches to an internal temperature of 185 degF.       |