



360-984-6163



Tuesday - Saturday
10:00am to 7:00pm

CAFE HOURS

NOVEMBER'S WELLNESS RECIPE

SLOW-COOKER CARNE PICADA TACOS WITH AVOCADO SALSA

Loosely translated as "minced meat," the traditional texture of carne picada ranges from finely chopped to ground. Here we start with brisket, which becomes nice and tender in the slow cooker, then shred and chop the meat before serving. The seasoning is flavorful but not too spicy. Blistered jalapeños added at the end will satisfy the heat-lovers in the family. Pile the brisket into warmed corn tortillas, with lettuce, the jalapeños, cheese and avocado salsa for a healthy dinner that'll wake up your taco night routine.

Ingredient Checklist

- 2 pounds beef brisket (flat end), trimmed
- 2 teaspoons ancho chile powder
- 2 teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon dried oregano
- 1 cup water
- 2 tablespoons tomato paste
- 8 small jalapeño peppers
- 16 corn tortillas, warmed
- 2 cups thinly sliced romaine lettuce
- ½ cup crumbled cotija (see Tip) or feta cheese

Avocado Salsa

- 1 avocado, diced
- 1 cup chopped fresh cilantro
- 1 cup quartered grape tomatoes
- 2 mini sweet peppers, diced
- ½ jalapeño pepper, seeded and minced
- 1 ½ tablespoons lime juice
- ¼ teaspoon salt

Directions Instructions Checklist

Step 1

Place brisket in a 4- to 7-quart slow cooker and sprinkle with chile powder, cumin, 1 teaspoon salt and oregano. Whisk water and tomato paste in a small bowl and add to the slow cooker. Cover and cook on Low for 8 hours or High for 4 hours.

Step 2

About 20 minutes before serving, heat a medium skillet over medium-high heat. Add whole jalapeños and cover. Cook, shaking the pan occasionally and turning the jalapeños with tongs as needed, until charred and blistered on all sides, 10 to 12 minutes. Remove from heat and let stand, covered, for 10 minutes to soften.

Meanwhile, prepare avocado salsa: Combine avocado, cilantro, tomatoes, sweet peppers, minced jalapeño, lime juice and salt in a medium bowl.

Nutrition Facts

Serving Size:

2 tacos & 1/4 cup avocado salsa

Per Serving:

395 calories; protein 28.4g; carbohydrates 29g; dietary fiber 6.8g; sugars 3.1g; fat 19.1g; saturated fat 5.9g; cholesterol 84.5mg; vitamin a iu 2253.9IU; vitamin c 55mg; folate 59.8mcg; calcium 120.9mg; iron 4mg; magnesium 75.5mg; potassium 880.2mg; sodium 638.1mg.

CCAR: COACHERVISION

Sunday & Monday -

November 20th-21st

Please email

bgonzales@recoverycafec.org

with your interest

