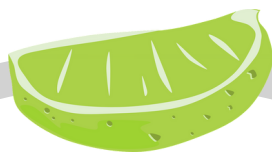




Taco Maize

A SIMPLE FORMULA
FOR A CROWD-PLEASING TREAT



HOT SPRINGS, SD ~ SEVENTH DAY ADVENTIST CHURCH

TACO MAIZE

Tacos are a fun crowd pleaser because they can be made so many ways! Just like there are many options in a maze, there are many ways to make a delicious and delightful taco! (Maze... Maize... See what we did there?) =)

The basic formula for an amazing taco is that you will need a protein, a sauce, fresh (and/or cooked) toppings, and an outer layer to hold it all together! You will find the recipes you need on the following pages.

1

Possible Wraps

Soft Corn Tortilla, Hard Taco Shell,
Lettuce Wrap (Pick one)

2

Plant Based Proteins

refried pinto beans, black beans, Asian
lentils, tofu strips, and many more...

3

Cooked Toppings

sauteed: onions/mushrooms/peppers

4

Fresh Toppings

tomatoes, onions, lettuce, cilantro,
lime, avocado, purple cabbage

5

Taco Sauces

fresh tomato salsa, guacamole, corn
salsa, etc

The Possibilities are Endless...

There is no end to the types of tacos you can create.
Here are eight favorites you must try!

Classic Taco

corn tortilla with refried beans; fresh lettuce, tomato, and onion;
topped with cheese and red Herdez salsa

Taco Jack

corn tortilla with jackfruit taco filling; fresh tomato; topped with
cheese, corn salsa, and a creamy, vegan Ranch dressing

Tofu Taco

corn tortilla with tofu strips; fresh, shredded cabbage and avocado;
topped with cheese and fresh tomato salsa

Tangy Black Bean Taco

corn tortilla with black beans; fresh tomato, onion, avocado, cilantro,
and lime; topped with vegan cheese and green salsa

Fajita Taco

corn tortilla with taco filling; grilled bell pepper, onion, and mushrooms;
fresh lettuce, cilantro, and lime; topped with cheese and fresh tomato salsa

Spicy Potato Taco

corn tortilla with jackfruit taco filling; fresh tomato; topped with
cheese, corn salsa, and a creamy, vegan Ranch dressing

Lettuce Wrap Fajita

lettuce wrap with taco filling; grilled bell peppers, onions, and
mushrooms; fresh avocado; topped with cheese and green taco sauce

Asian Lentil Taco

corn tortilla with asian lentils; grilled onions and mushrooms; fresh
broccoli slaw; topped with chopped peanuts and sriracha sauce

Corn Tortillas

Makes about 15

<i>ingredients</i>	DIRECTIONS
2 cups Maseca (corn flour)	1: ·Mix the dough: whisk together the flour and salt. Gradually add the water, stirring with a spoon. When the dough begins to form, knead the dough for 2-3 minutes until it forms a cohesive ball.
1 1/2 to 2 cups hot water	2: ·Rest the dough for about 10 minutes, covering it with a damp cloth.
1 t salt	3: Portion the dough into 2-tablespoon balls, about the size of a golf ball.
	4: ·Using a tortilla press, with heavy plastic (like a Ziplock bag) on top and bottom, press the dough ball. Using the plastic to help you pick up the tortilla, place it in a hot skillet.
	5: ·Cook the tortilla for about 40-60 seconds per side... Just long enough to press another tortilla. 😊
	6: ·Place cooked tortillas in a tortilla warmer or under a damp towel to prevent them from drying out.
	7: ·If you are not eating them right away once they are cool, you can store them in a Ziplock bag, to prevent drying out, and reheat on a dry skillet when you're ready to eat them.

Fun Fact:

In Mexico and Central America, a tortilla is a type of thin, unleavened flat bread, made from finely ground maize (corn). The word “tortilla” comes from the Spanish word “torta” which means “round cake.”



Refried Pinto Beans

<i>ingredients</i>	DIRECTIONS
pinto beans salt sauteed onions green chilies	<p>1: Cook pinto beans:</p> <ol style="list-style-type: none">1) Stove top: soak beans overnight (or about 8 hours) in water that covers them with at least 2 inches above the beans. Drain and rinse. Transfer beans to a pot with lots of extra water. Bring them to a boil and then reduce heat to simmer for about 2 hours. Cook until they are buttery-soft.2) Crock pot: put beans in crock pot, with at least double the water, and cook overnight.3) Instant pot: cook under pressure for 7-9 minutes, if the beans were soaked overnight. Cook the beans for 25-30 minutes, if they are dry. Don't fill the pot more than half full and cover completely with water. <p>2: Once beans are cooked, put in blender with some of the water. Only do about 2 cups at a time. Beans should become creamy, with some chunks; NOT liquified.</p> <p>3: When all of the beans are blended, add salt to taste, sautéed onions, and green chilies, according to your preference.</p>

Black Beans

<i>ingredients</i>	DIRECTIONS
1 t olive oil 1/2 cup onion, finely chopped 3 cloves garlic, minced 2 cups black beans, cooked 1/4 cup cilantro, chopped 1 t cumin 1/2 t salt	<p>1: In a small sauce pan, combine the oil, onions, and garlic. Cook for 3-4 minutes, just until the onions begin to soften.</p> <p>2: Add the remaining ingredients and cook until heated through. If it gets too dry, add just a little bit of water. Remember, these beans are going into tacos, so you don't want them to be too wet.</p>

Asian Lentils

<i>ingredients</i>	DIRECTIONS
2 1/2 cups cooked lentils 1/2 cup water 1/4 cup soy sauce or tamari 2 T maple syrup 4 t arrowroot powder 4 cloves, garlic, minced 2 t ginger, grated fresh 2 t lime juice	1: Mix together in your pot and cook until heated and thickened.

Tofu Strips

<i>ingredients</i>	DIRECTIONS
1 lime, juiced 1/4 cup olive oil 1/4 cup cilantro, chopped 1 jalapeno pepper, diced 1 T chili powder 1/4 t ground cumin 1/4 t salt 1/2 lb extra firm tofu, cut into strips (1/2 a typical tofu block)	1: Mix all but the tofu in a bowl. Add the tofu strips and marinade for at least an hour. It doesn't hurt it to let it sit overnight in the fridge. 2: Spread out onto a cookie sheet (lightly oiled) with the marinade and bake at 400F for 20 minutes. Turn the tofu over and bake another 15-20 minutes. TIP: get the marinading going in the morning. Bake in the evening, while you're preparing your other taco ingredients and getting the table ready.

Jackfruit Filling

ingredients

2 - 20 oz cans green jackfruit in water or brine; drained, rinsed, and chopped
1 T olive oil
1 onion, chopped into slivers
4 cloves garlic, minced
1/2 cup water
1 vegetable bullion cube
1 T agave
1/2 lime, juiced
2 t chili powder
1 t cumin
1 t smoked paprika
1/4 t salt

DIRECTIONS

- 1:** When chopping the jackfruit, cut it into thin slices from the core to the outer edge. This gives it the best shredded texture.
- 2:** In a large skillet, combine the oil, onions, and garlic. Sauté for about 5 minutes, until the onions begin to brown.
- 3:** Add jackfruit and remaining ingredients to the skillet, cover, and let simmer until the jackfruit softens slightly, and about 1/2 the liquid is absorbed—about 5 minutes.
- 4:** Take a potato masher and smash all the jackfruit up to get that shredded texture.
- 5:** If you find it a bit wet, just cook a little longer. If you find it a little dry, just add a little more water.

Buckwheat Taco Filling

ingredients

1 cup buckwheat groats, rinsed and drained
1 3/4 cups water
1 T olive oil
1/2 t salt
1 T soy sauce
2 t onion powder
2 t garlic powder
2 t cumin
8 drops liquid smoke
1/2 t cayenne pepper

DIRECTIONS

- 1:** Bring the first 4 ingredients to a simmer, cover with a lid, and simmer on low for 18-20 minutes, until it's done.
- 2:** Put the cooked buckwheat in a non-stick frying pan and heat, while adding the remaining ingredients.
- 3:** Work the buckwheat with the spatula (pancake flipper), mixing in the seasonings, until it is a nicely separated texture.

Seed & Walnut Taco Filling

<i>ingredients</i>	DIRECTIONS
1/2 cup walnuts	1: ·Combine all ingredients in the food processor.
1/2 cup sunflower seeds	
1/2 cup pumpkin seeds	2: ·Pulse in the food processor until you get the desired texture.
1 1/2 t onion powder	
1 1/2 t garlic powder	
1 1/2 t cumin	3: ·Place in a skillet and brown a little.
1 t smoked paprika	
3/4 t salt	
6 drops liquid smoke	
1 1/2 t olive oil	
pinch cayenne pepper	

Spicy Potato Cubes

<i>ingredients</i>	DIRECTIONS
potatoes, cubed	1: ·Wash/scrub potatoes—no need to peel them.
vegan mayo	
salt	2: ·Cut into small cubes.
onion powder	
garlic powder	3: ·Optional: soak cubes in cold water about 15-20 minutes, rinse, and dry. This helps to remove some of the starch, making it easier to crisp the potato cubes.
chili powder	
	4: ·Lightly coat potato cubes in vegan mayo.
	5: ·Toss the potato cubes with a little bit of seasonings: salt, onion & garlic powder, chili powder.
	6: ·Roast in the oven until tender, at 4000F for about 30 minutes.

Broccoli Slaw

<i>ingredients</i>	DIRECTIONS
1 cup broccoli, finely chopped 1/2 cup red bell pepper, finely chopped 1/2 cup carrot, grated 1/4 cup scallion, sliced (green onions) 1/4 cup fresh cilantro, chopped 2 T lime juice	1: Mix together.

Fresh Tomato Salsa

<i>ingredients</i>	DIRECTIONS
2 to 3 medium, fresh tomatoes 1/2 medium red onion 1 jalapeno pepper (remove seeds) 1 lime, juiced 1/2 cup chopped cilantro pinch salt pinch dried oregano pinch ground cumin	1: ·Finely dice tomatoes, onion, and pepper. May pulse in the food processor. 2: ·Add the remainder of the ingredients. Add more salt, oregano, cumin, pepper seeds, according to your taste and preference. Omit the cilantro, if you don't like it. 3: ·Let chill in the fridge for at least an hour for best flavor.

Corn Salsa

ingredients

3 cups raw, sweet corn kernels
1/2 cup red onion, finely diced
1 orange OR red bell pepper
1 jalapeno pepper, finely diced
(remove seeds)
1-2 cloves garlic, minced
1 lime, juiced
1/4 cup chopped cilantro
1 T olive oil
1 t honey
1/2 t salt
1/2 t chili powder
1/4 t ground cumin

DIRECTIONS

- 1:** ·Combine all ingredients. Adjust seasonings according to your taste and preference. Omit the cilantro, if you don't like it.
- 2:** ·Let chill in the fridge for at least an hour for best flavor.