

## **TOSTADAS** (Southwestern States)

1 lb. hamburger  
1 pkg. taco seasoning mix  
2/3 c. water  
1 c. refried beans  
8 corn tortillas  
2 tomatoes  
1 cup cheese  
1/2 c. salsa

Brown the hamburger, drain off grease, and add seasoning mix plus water; simmer 5 minutes and add refried beans. Fry the tortillas in 1 Tbsp. shortening—make sure the shortening is hot and only leave tortillas in for a short amount of time. Shred lettuce, grate cheese and cut tomato into small cubes. Place all ingredients in an assembly line on the counter. Top your tortilla and enjoy.  
Yield: 8 tostadas

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## **OVEN-FRIED CHICKEN**

(Bisquick Recipe - Source: Bisquick Box Side Panel, General Mills, Inc., 1994.)

1 Tbsp. margarine  
2/3 c. Bisquick baking mix  
1 1/2 tsp. paprika  
1 1/4 tsp. salt  
1/4 tsp. pepper  
10-12 pieces of chicken (2 1/2 lb. to 3 1/2 lb. broiler fryer chicken, cut up)

Preheat oven to 425°F. Melt margarine in a 13x9x2 inch rectangular pan in the oven. Mix baking mix, paprika, salt, and pepper; coat chicken. Place skin side down in pan (if skinless, place same direction). Bake for 40 minutes. Turn. Bake about 20 minutes more or until done.  
Yield: 5-6 servings

## NACHOS

(Source: Guide to Good Food, 1979, p. 584-585.)

6 tortillas  
vegetable oil or shortening for frying  
1/4 lb sharp cheddar cheese  
3 jalapeno peppers  
1/2 c. sour cream

Heat 1 1/2 to 2 inches oil or shortening in a heavy skillet until hot but not smoking. Cut tortillas into wedges. Fry wedges a few at a time until crisp and golden brown; drain on paper towels. Preheat broiler. Top each tortilla wedge with a piece of cheese and a sliver of pepper. Broil 2 inches from heat just until cheese melts. Top with a small spoonful of sour cream. Serve immediately.

Yield: 25 Appetizers

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## SOPAPILLAS

(Source: Guide to Good Food, 1979, p. 584-585.)

2 c. flour  
1 Tbsp. baking powder  
1/2 tsp. salt  
1 Tbsp. shortening  
1/2 c. lukewarm water  
shortening or oil for frying  
1/4 c. powdered sugar

In large mixing bowl, sift dry ingredients together. Cut in shortening until mixture is pea size. Add water gradually, stirring with a fork until dough clings together. Turn dough out onto lightly floured board. Knead until smooth. Divide dough in half with a sharp knife. Roll each half into a 10 x 12 inch rectangle about 1/8 inch thick. Cut into 2 inch squares. In deep fat fryer or large saucepan, heat shortening or oil until it reaches 375°F. Add sopapillas, a few at a time. Fry about 1/2 minute on each side. Sprinkle with powdered sugar and serve warm.

Yield: about 4 dozen.