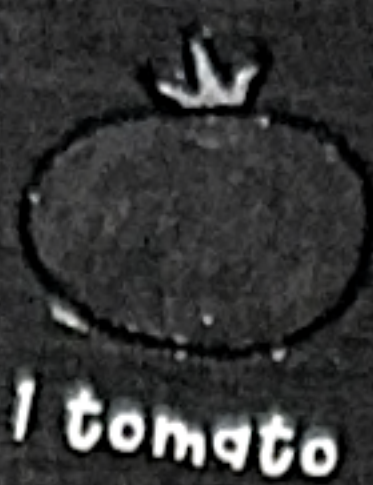


MAKES  
4-6  
SERVINGS

## YOU WILL NEED



1 green onion



1 tomato



3 ripe avocados



1/2 tsp (2.5 mL)  
garlic powder



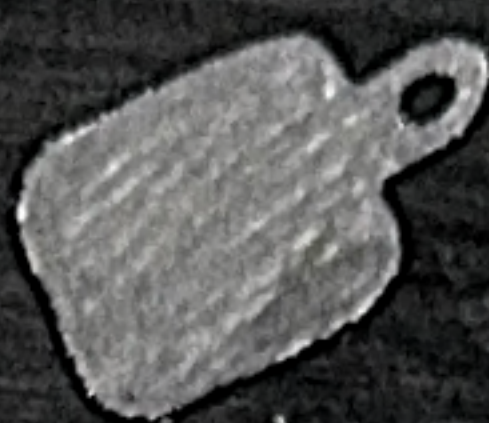
1 Tbsp (15 mL)  
lemon juice (half  
of a fresh lemon)



Salt



1 bag  
tortilla chips



Cutting  
board



Knife



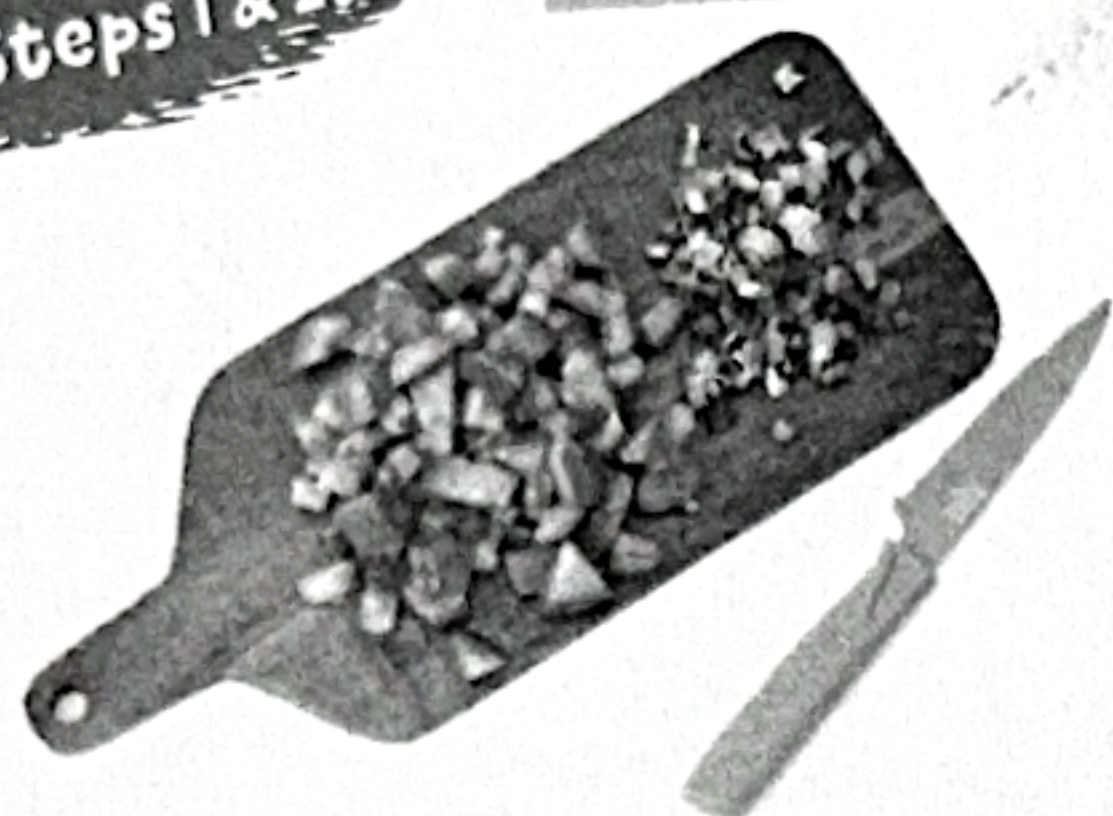
Fork and  
Spoon



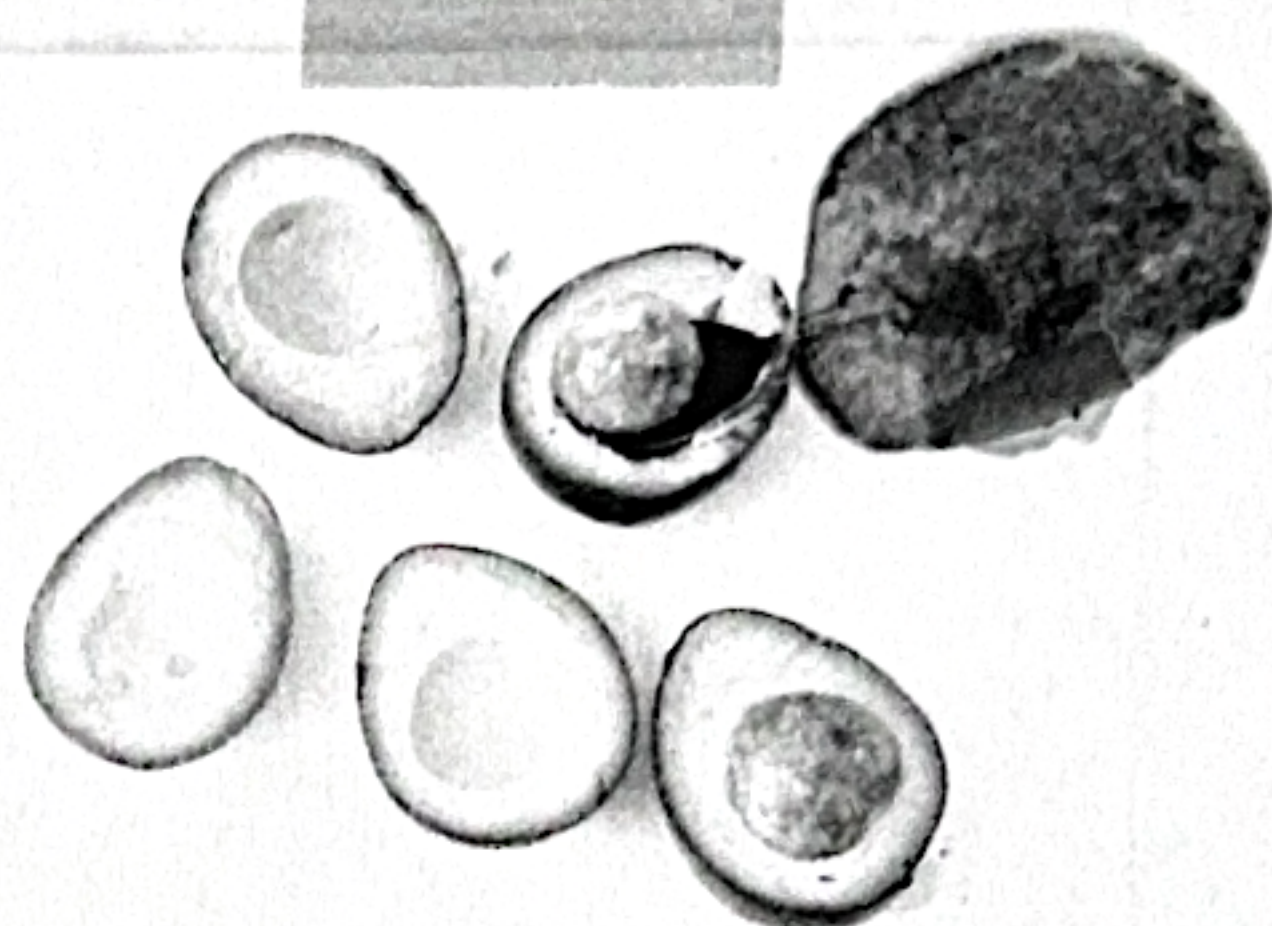
Mixing  
bowl

Prep Time:  
20 minutes

**GROWN-UPS!**  
Do Steps 1 & 2.



\*1. Chop the **green onion** and **tomato** into small pieces.



\*2. Slice the **avocados** in half, and use a spoon to remove the big seeds (pits). Save one of the seeds for a science experiment.



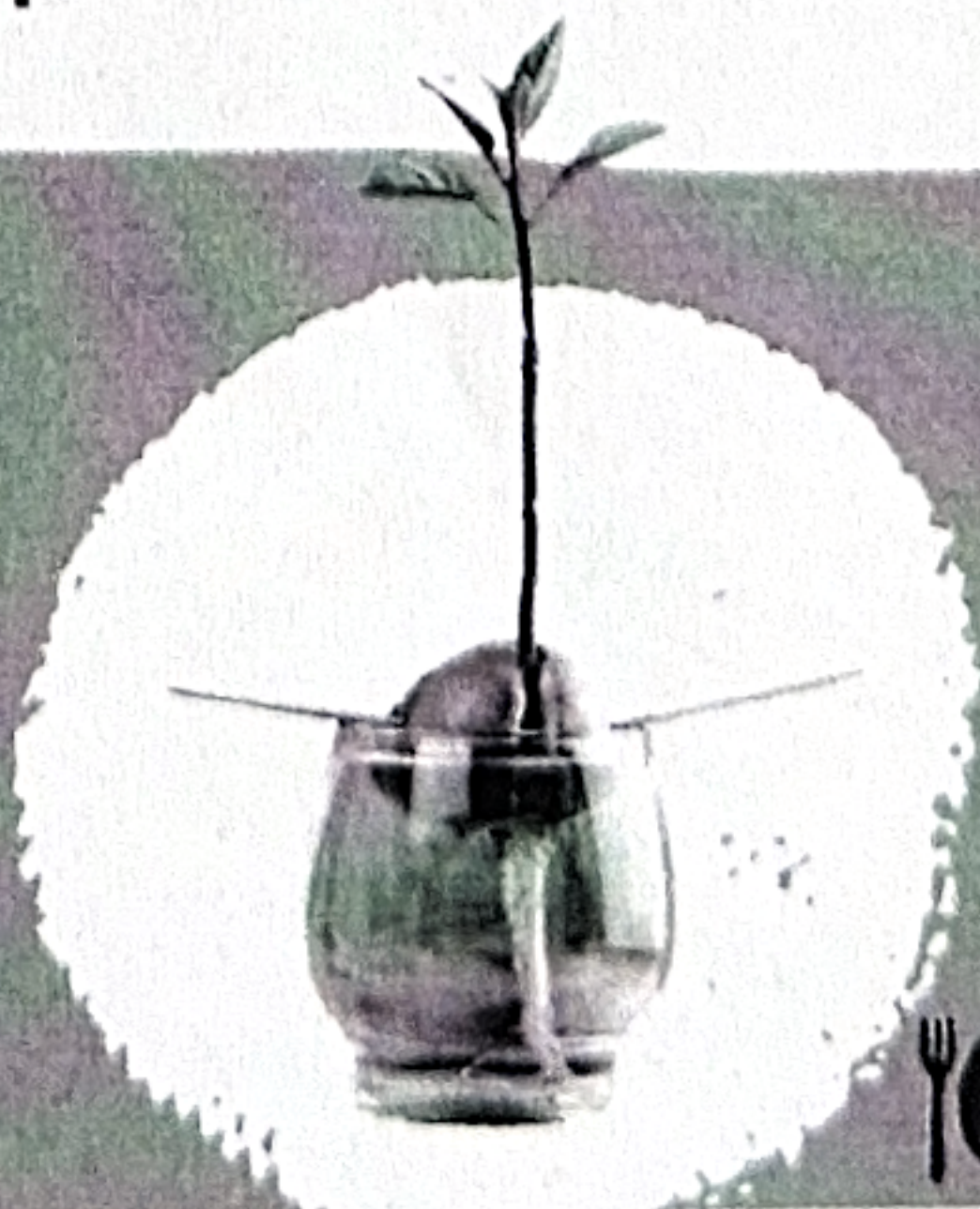
3. Scoop the avocado insides into a bowl. Add the **garlic powder** and **lemon juice**. Mash it all up with a **fork**.



4. Add the chopped onion and tomato and a few shakes of **salt**. Mix everything together. Bring on the **tortilla chips**, and dig in!

## — SCIENCE EXPERIMENT — AVOCADO SPROUTING!

Carefully stick four toothpicks into the avocado seed. Balance it over a jar of water, with the pointed end up and the rounded end in the water. In about a week, you should see a little plant sprouting from the top. If your pit doesn't sprout in 6-8 weeks, try this experiment with another avocado.



# Lime Drink

½ lime beverage mix

½ lime sparkling water

A splash of orange juice

Mix and Serve Over Ice

# **Black Bean Recipe**

*By: Remi and Kate*

1 can black beans

1 can Rotel (tomatoes with green chilis)

1 tsp garlic squeeze

Drain and rinse beans. Add all ingredients to a pot, heat until warm.

# Cilantro Lime Rice

By: Erin Neil

1 cup rice  
2 cups chicken broth  
½ cup cilantro  
Juice of 2 limes  
1 tsp garlic paste

1. Put the 1 Cup rice in a pot that has a lid.
2. Put the 2 cups chicken broth in the bullet cup with the garlic, lime juice and cilantro.
3. Blend the broth mixture in the bullet until the cilantro is pulverized.
4. Add the broth mixture to the rice.
5. Bring to a boil and then cover.
6. Turn the heat to low and cook for 22 minutes.
7. Fluff with a fork and serve

# Remi and Kate's Tex-Mex Bowls

**PLAN:**

- Cilantro-Lime Rice (has a recipe)
- Black Beans with Rotel (we made up the recipe)
- Meat
- Cheese
- Sour Cream
- Guac (has a recipe)
- Salsa

**Above Layered in a Tortilla Bowl on a plate with red and green (Mexico colors) construction paper squares with cilantro and lime for garnish.**

Side of Chips and Salsa

**INGREDIENTS (and who will bring)**

Rice	Remi
Chicken broth	Remi
Garlic paste	Remi
3 limes	Kate
Olive oil	Kate
salt	Remi
Fish or meat	Kate
Chips	Remi
salsa	Remi
Black beans	Kate
cheese	Kate
Mexican cheese	Remi
Sour cream	Remi
cilantro	Kate
Tortilla bowl	Remi
3 limes	Kate

Rotel	Remi
salt	Remi
Green onion	Remi
Tomato	Remi
3 avocados	Remi
Garlic powder	Remi
lemon	Kate

2 Chip baskets

Remi

SUPPLIES (and who will bring)

Chopper	Remi
✓ 1 mixing bowls	Kate
Pot with lid	Remi
Cups and spoons	Remi
Liquid measuring cup	Remi
2 sharp knives	Kate
pot	Remi
✓ Can opener	Kate
Colander	Remi
9 silverware spoons	Kate
✓ Frying pan	Kate
Wooden spoon	Remi
5 silverware forks	Kate
Cutting board	Remi
Bullet	Remi
Cookie Sheet	Remi

3 Serving Spoons	Remi
scissors	Remi
Paper towels	Remi
Dish towels	Remi
4 dish towels	Remi

**PRESENTATION (and who will bring)**

2 Chip baskets	Remi
3 White plates	Remi
3 forks	Kate
3 spoons	Kate
Construction paper	Remi
3 Small bowls	Remi

**WHO DOES WHAT (during the competition)**

Rice	Remi
Fish or meat	Kate
Guacamole	Remi
beans	Kate
toppings	Both
plating	Both
Chips and salsa	Kate

## STEPS:

1. Make Rice
1. Make Beans
2. Make Meat
3. Make Guac
4. Chips and Salsa
5. Clean up ingredients
6. Some dishes
7. Bake taco bowls
8. Put rice, beans and meat in bowl (back in Oven)
9. Finish dishes and clean up
10. Toppings on top (guac, sour cream, cheese)



# Best Ever Guacamole (Fresh, Easy & Authentic)

A tried and true guacamole recipe that's easy to make, uses fresh ingredients and is loaded with flavor. It's the best guacamole dip hands down. **Watch the video below to see how quickly it comes together!**



Prep Time  
10 mins

Total Time  
10 mins

Course: Appetizer, Snack    Cuisine: Mexican

★★★★★  
4.96 from 675 votes

Keyword: authentic guacamole, easy guacamole, Guacamole, Guacamole Recipe, How to make guacamole

Servings: 4 servings    Author: Lisa Bryan

## Ingredients

- 3 avocados ripe
- ½ small yellow onion finely diced
- 2 Roma tomatoes diced
- 3 tablespoons finely chopped fresh cilantro
- 1 jalapeno pepper seeds removed and finely diced
- 2 garlic cloves minced
- 1 lime juiced
- ½ teaspoon sea salt

## Instructions

1. Slice the avocados in half, remove the pit, and scoop into a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.
4. Serve the guacamole with tortilla chips.

## Notes

- Look for large avocados for this recipe. If you can only find small avocados, feel free to add one more!
- Definitely use fresh limes rather than lime juice in a bottle. The flavor difference is worth it. And speaking of limes, I'm using Mexican limes which give about 1 to 2 tablespoons of juice.
- Make sure to read my tips above for keeping leftover guacamole green and fresh. It's truly amazing! And I store the leftover guacamole in these food storage containers.

## Nutrition

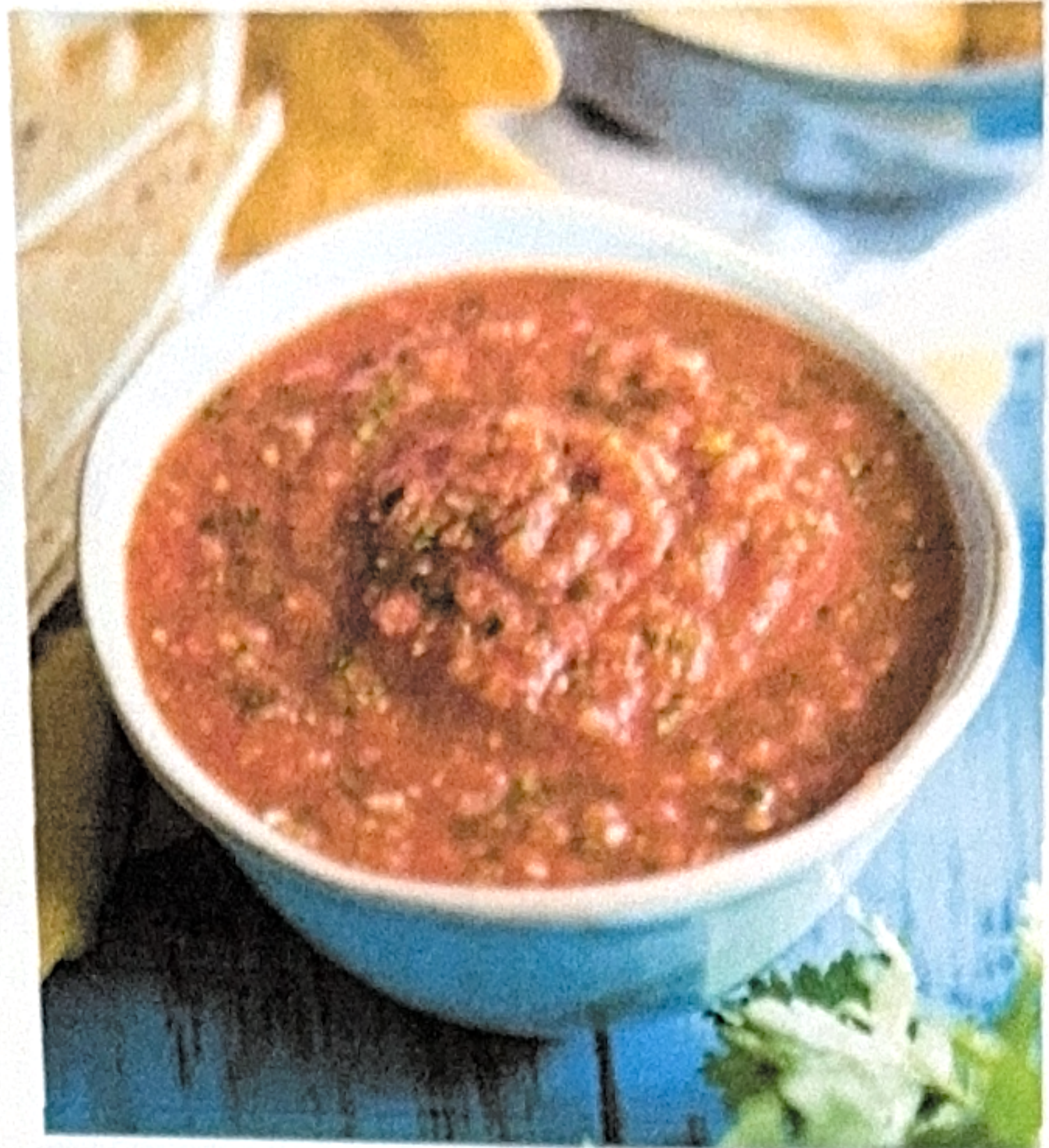
Calories: 184.8kcal | Carbohydrates: 12.3g | Protein: 2.5g | Fat: 15.8g | Saturated Fat: 2.2g | Sodium: 305.5mg | Fiber: 7.6g | Sugar: 1.7g

# Restaurant Style Mild Salsa

This restaurant style mild salsa recipe takes under 5 minutes to make and is a great healthy fresh homemade appetizer perfect for game day! It can be made all year round as it uses canned tomatoes! With cilantro, lime juice, onion and a few spices you can have this easy salsa on the table in minutes. Serve it with flour tortillas or with corn chips for a naturally gluten free snack.

Prep Time  
5 mins

Total Time  
5 mins



4.07 from 44 votes

Course: Appetizer, Snack    Cuisine: Mexican

Servings: 10    Calories: 24kcal

Author: Claire | Sprinkle and Sprouts

For more great recipes follow me on Pinterest

Follow @sprinklessprout



## Need Metric Measurements?

Use the options below to toggle between cups and grams (if relevant)

### Ingredients

- 28 oz can whole plum tomatoes including juice
- 1 small onion (see note 1)
- 3 cloves garlic
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 ½ teaspoon salt
- 2 teaspoon granulated sugar
- 3 tablespoon lime juice
- 1 cup cilantro tightly packed

### Instructions

1. Pour the canned tomatoes and their juice into a food processor (or blender).
2. Peel and roughly chop the onion then add it to the tomatoes
3. Peel the garlic and add them to the processor
4. Add the spices, salt, sugar and lime juice. Then add the cilantro to the top.
5. Pulse chop your salsa until you have the desired consistency.
6. Transfer the salsa to an airtight container and refrigerate for at least 3 hours and up to 4 days.

# Tex-Mex Burrito Bowl

## Ingredients

### For the rice

- 1 cup long-grain rice
- 1/8 cup vegetable oil
- 4 oz tomato sauce
- 1/2 tsp salt
- 1/2 tsp minced garlic
- 2 cups garlic
- 1/2 tsp "better than bouillon"
- Dash cumin
- Dash pepper

### For the Spiced Crema

- 1/2 cup sour cream
- 1/2 lime juiced
- 1 tsp seasoning from meat
- 1 tsp water

### For the meat

- 1/2 lb filet
- 1 tbsp gaucho dry rub
- 1 tbsp vegetable oil

### For the Bowls

- 4 cups shredded romaine lettuce
- 1 cup cherry tomatoes halved
- 15 oz can black beans
- 1 avocado sliced
- 1 cup frozen corn
- 1/4 cup minced cilantro

## Instructions

### Make the Rice

1. Heat oil in a large saucepan on medium heat
2. Add rice and cook until golden brown
3. Add "better than bouillon" to water and stir until dissolved
4. When the rice is brown, add water, tomato sauce, salt, garlic, cumin, and pepper to the pan
5. Stir and cover the pan. Let simmer for 30-40 minutes or until all is cooked and there is no liquid left. Fluff before adding to the bowl.

### Cook the meat

1. Cut filet into slices and rub with dry rub
2. Heat pan with oil
3. Put filet in, and cook 1 minute on each side

### Make Crema

1. To a small bowl, add the sour cream, lime juice, and the seasoning.  
Stir to combine

### Assemble bowls

1. To each bowl, add 1 cup of lettuce. Top with some of the rice, tomatoes, black beans, avocado, and corn
2. Top bowls with beef, drizzle crema on top and garnish with cilantro.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 Bowl</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>970</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 34g	<b>44%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 1360mg	<b>59%</b>
<b>Total Carbohydrate</b> 119g	<b>43%</b>
Dietary Fiber 19g	<b>68%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 51g	<b>102%</b>
Vitamin D 0mcg	0%
Calcium 356mg	25%
Iron 6mg	35%
Potassium 1741mg	35%
Vitamin A	180%
Vitamin C	40%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.