

# Cooking with the Club

by our own  
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## Send Us Your Recipes!

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## Love Nachos? Thank Texas

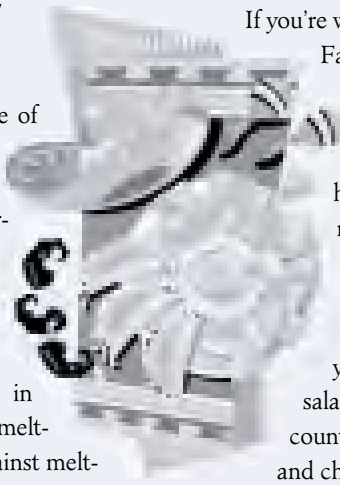
**■ When the chips are down, dig in and celebrate the great diversity of America.**

Nachos were born in one of the Texan border towns during World War II. Soon thereafter, it was a particular favorite at the Texas State Fair for thousands of visitors in 1960s. The original nachos had all the ingredients that are found in them today...except for the melted cheese. I have nothing against melting a sharp cheddar or Monterey Jack cheese and adding that delectable cheesy flavor to a favorite meal. But if you are a seeker of traditional recipes, the ballpark gooey-cheesy version is not what the Mexican culinary forefathers intended. Then again, what's great about America is that it is the land of many variations. There should be little argument that nachos continue to rise in popular-

ity as nachos are made in most ballparks, fast food chains, American influenced Mexican restaurants, and at homes across the country.

If you're wondering what treat to serve at Father's Day, graduation, or for other parties, nachos are perfect. It is hard to believe that there are still people today who have never had simple authentic nachos — with refried beans, real cheese and jalapeño — they can steal the scene, and they wash down well with your favorite beverage. Tiny salad shrimp, precooked at the fish counter; and leftover steak, sausage and chicken make excellent toppings.

Next time you barbecue, cook a few extra pieces so you can use them for nachos. The traditional toppings include refried beans and jalapeño, olives, salsa, lettuce, chicken, and shrimp. The variations are endless. There are hundreds of nacho recipes and only a page for *Cooking with the Club*. Here are a few that I came up with, and I tried not to leave out the cheese. 🍴



## Nachos a la BBQ Chicken

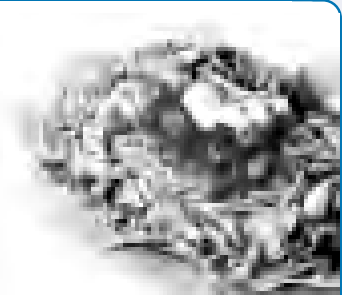
Store-bought chips are convenient and keep well in the cupboard, but if you can, make chips using fresh tortillas, cut into quarters, then fried in hot oil until crispy. Or, purchase a bag of freshly fried tortilla chips from a local Mexican restaurant or market. You'll taste the difference immediately. When making nachos, remember that amounts are approximate, and just about anything goes.

### INGREDIENTS

- About 4 ounces tortilla chips, or enough to cover a flat baking sheet or heatproof platter
- 2 to 2-1/2 cups diced barbecued chicken (about 12 ounces)
- 8 ounces grated cheddar, Monterey Jack
- 2 large or 3 average green onions, chopped (include green parts)
- 1 fresh jalapeño, seeds and stems removed, minced (or more to taste)
- 1/4 teaspoon ground cumin
- Salt and pepper to taste

### DIRECTIONS

1. Heat oven to 400 degrees F.
2. Arrange the chips on a 12x18-inch baking sheet or equivalent. (For easy cleanup, line the sheet with foil.)
3. Sprinkle the cheese over the chips. Top with equal portions of chicken, green onion and jalapeño. Sprinkle with cumin, salt and pepper. Bake 7 to 12 minutes until the cheese melts and is bubbly. Watch closely — ovens vary and the chips can go from golden to black in seconds. Serve hot, and if desired, with guacamole or sour cream on the side.



## Oh-So-Good Nachos

### INGREDIENTS

- 1 package of ground beef (the amount is up to you)
- 1 can of refried beans
- 1 can of tomato sauce
- 1/2 cup chopped bell green pepper
- 1/2 cup chopped onion
- 1 envelope of taco seasoning
- 1 cup of grated cheddar cheese (be different and use a cheese you can't pronounce)
- 1 bag of plain tortilla chips

### DIRECTIONS

1. Heat oven to 350°. Cook ground beef in a large saucepan or Dutch oven. Add all ingredients but the cheddar cheese and chips to the pot and simmer for 10 to 12 minutes. While it is simmering, pour the chips into a casserole dish.
  2. Spread hot mixture over the chips; sprinkle grated cheddar cheese on top and put in the oven for 20 minutes or until cheese is melted and browned.
- Serves 4.



## Game Day Nachos

### INGREDIENTS

- 1 7-ounce package tortilla chips
- 1 8-ounce can jalapeno bean dip
- 1 cup sour cream
- 1/2 cup medium salsa
- 1 8-ounce can guacamole
- 1 cup shredded Cheddar cheese
- 1 large tomato, chopped
- 2 tablespoons chopped black olives
- 4 green onions, chopped
- Salt and pepper to taste

### DIRECTIONS

1. Preheat oven to 350 degrees. Arrange a single layer of tortilla chips over the bottom and up the side of a 9-inch pie plate.
2. Spread the bean dip evenly over the chips. Bake for 10 minutes.
3. Mix sour cream and salsa in a small bowl and spoon over the bean dip. Spread the guacamole dip over the sour cream mixture. Sprinkle with seasoned salt. Sprinkle layers of cheddar, tomato, olives and green onions over the top. Serve with additional tortilla chips.

Variation: For an even fresher taste, substitute 1 can pureed black beans and 1 teaspoon chopped cilantro for the jalapeno bean dip.



## Boiling Hot Black Bean Nachos

### INGREDIENTS

- 1 large bag round tortilla chips
- 1 can (15 ounces) black beans, drained and slightly mashed
- 1 tablespoon vinegar
- 1/4 teaspoon olive oil
- 1 cup shredded Monterey Jack cheese or Mexican blend (gourmet cheese works great too!)
- 1 small onion, finely chopped
- 1 tomato, finely chopped
- Salt and pepper

### DIRECTIONS

1. Arrange tortilla chips on a large baking sheet.
2. Mix beans with vinegar and oil; spread on tortilla chips then top with shredded cheese.
3. Broil until cheese is melted and bubbly. Cool slightly, top with chopped onion and tomato, and serve.



## Fast Nachos

### INGREDIENTS

- 4 ounces tortilla chips
- 1/2 cup taco sauce
- 1/2 cup shredded cheddar cheese (try gouda, or another gourmet cheese)
- jalapeño pepper slices, optional

### DIRECTIONS

1. Place tortilla chips on a paper plate. Pour taco sauce over chips. Sprinkle with the shredded cheese. If desired, top with jalapeno pepper slices.
2. Microwave on high for 1 to 1 1/2 minutes, until cheese is melted.

