***NR#7 NMDOH VEGETARIAN INDIAN TACO-LOIS ELLEN FRANK***

***Serving Size and Ingredients: 3/4c***

|  |  |  |  |
| --- | --- | --- | --- |
| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 3 1/8 TBSP | 6 1/4 TBSP | 12 ½ TBSP | Sunflower oil |
| 3 1/8 cup | 6 1/4cup | 12 ½ cups | Onion, diced |
| 18 | 37 | 75 | Garlic cloves, finely chopped |
| 1 ½ cup | 3 1/8c | 6 1/4c | Roma Tomatoes, diced |
| 6 | 12.5 | 25 | Green Chile, roasted, peeled, seed removed and diced |
| 6 ¼ TBSP | 12 ½ TBSP | 25 | Mild Red Chile Powder |
| 15 2/3 cups | 31 ¼ cups | 62 1/2cups | Cooked Pinto beans or 1lb dried beans, cooked |
| 3 1/8 cup | 6 1/4c | 12 1/2c | Tap water |
| 3 tsp | 6 tsp | 12 tsp | Kosher salt |
| To taste | To taste | To taste | Black pepper |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

***Instructions:***

**1. In a cast iron pan, heat Sunflower oil on high heat until it is hot but not smoking. Add the onion and sauté for 3 minutes stirring to prevent burning. Add the garlic and sauté for another 2 minutes stirring constantly. Add the tomatoes and cook for another 3 minutes, stirring to prevent burning.**

**2. Add the diced green chile, the red chile powder, the salt and the pepper. Stir until all of the spices are completely mixed into the other ingredients.**

**3. Add the cooked beans and the cup of water Stir gently to make sure all the ingredients are completely mixed together.**

**4. Bring the mixture to a boil, reduce heat to medium low and cook for 5 minutes, stirring to prevent burning.**

**5. Remove from heat and serve immediately over No-Fry Frybread and top with any garnish.**

**NOTE: Try arugula greens, cut daikon radishes or watermelon radishes, microgreens, sprouts, diced red or yellow bell pepper, or avocado. Get creative and have fun with the toppings!**

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***