

Pikeville, Region 15: "PHS Cooking Team"

Layered Taco Bowl

Rice and Bean Ingredients:

1 tbsp. olive oil  
1 cup brown rice  
1 medium onion, diced  
1 medium bell pepper, diced  
3 cups of water and 2 teaspoons of chicken stock starter  
2 tbsp. tomato paste  
1 can black beans (rinsed and drained)  
1/8 tsp red pepper flakes  
¼ tsp cumin  
¼ tsp chili powder  
¼ cup chopped fresh cilantro leaves  
Juice of ½ lime

Heat the oil in a 6 quart saucepot over medium high heat. Add the rice, onion, and pepper and cook and stir for about 2 minutes.

Stir in broth, tomato paste, pepper flakes, cumin and chili powder and heat to a boil. Reduce the heat to low. Cover and cook for 35-45 minutes or until rice is tender. Stir regularly because this can easily stick.

When finished, stir in the beans, cilantro, and lime juice; mix and cook until the mixture is hot.

Taco and Taco Seasoning Ingredients:

4 tbsp. chili powder  
3 tbsp. and 1 tsp paprika  
3 tbsp. cumin  
1 tbsp. and 2 tsp onion powder  
2 tsp salt  
1 tsp garlic powder  
¼ tsp cayenne pepper  
½ tsp red pepper flakes  
2 tbsp. corn starch  
2 lbs. ground beef  
1 ½ cups water  
1 cup shredded cheddar cheese

Mix all season ingredients together to the seasoning mix. In a large skillet, brown the ground beef over medium high heat. Drain beef when browned. Return meat to skillet, add 8 tbsp. of seasonings and 1 ½ cups water, bring to boil, turn down heat and simmer for about 10-15 minutes or until most liquid is gone. Remove skillet from heat, top with cheese and allow cheese to melt.

Salsa Ingredients:

2-3 cups of diced fresh tomatoes

1-2 jalapenos membrane and seeds removed for mild leave some for medium to hot

1 tsp salt

½ tsp pepper

1 medium onion. Diced

1-2 cloves of garlic, minced

¼ cup of cilantro, diced

Juice of ½ lime

Mix all ingredients

Serve layered, starting with rice and beans, then taco meat and cheese mixture and top with salsa, in baked tortilla bowl and top with seasonal garnishments.