

Roast Beef Soft Tacos with Multi-grain Spanish Rice

serves 8 – 10

Multi- Grain Spanish Rice

4 c. grains, your choice (recipe recommendation is to use equal portions of white rice and red quinoa, uncooked)
1 small can (12-14 oz) green chile enchilada sauce
6 c. beef, vegetable or chicken broth
1 jar (16 oz.) salsa
1/2 c. pine nuts
1/2 c. pumpkin seeds
1/4 c. oil
1/4 c. sugar
2 TBS tomato bouillon
1 TBS onion powder

Homemade Flour Tortillas

1 cup all purpose flour
1 cup whole wheat flour
1/2 tsp. salt
3/4 cup water
1 tsp. oil

Toppings

Kirkland (Costco brand) canned roast beef
Mexicorn, beans, sliced olives, salsa (or additional enchilada sauce) are a few ideas

Multi- Grain Spanish Rice:

Heat oil in large kettle. Add sugar and heat until sugar starts to burn. Add grains, pumpkin seeds and pine nuts, stirring regularly until well toasted. Add remaining ingredients. Bring to boil and reduce heat. If using a wonder oven to cook rice in, heat pot with it's lid on until the lid is hot before placing the pot in the wonder oven. Cook for 20 minutes, then stir all grains and liquids together and serve.

Homemade Flour Tortillas:

In a bowl, mix together both flours and salt with a whisk. Mix the water and oil in a small cup and slowly add just enough to make a soft dough. If you find the dough to be sticky, add a bit more flour. Knead 5 minutes. Cover the dough with a towel and let rest 20 minutes. Make 10 balls of dough and roll each into a thin 10" circle. Cover the tortillas with a damp towel to avoid drying out. Cook on a medium-hot griddle. 10 tortillas.