



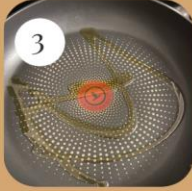



Seasoned meats, preferably just salt and pepper and a little lemon juice.

ISSACHAR DISH
BEEF & CHICKEN TACOS
RECIPE BY SISTER DINA ISRAEL

1  2 

Season meats preferably just salt and pepper and a little lemon juice.

3  4 


While heating a pan with about three tablespoons of olive oil.


Once hot, fry the beef. The time will depend on how you like it cooked.


**Heat a pan with about three tablespoons of Olive Oil. Once hot, fry the beef.
The time will depend on how you like it cooked.**


**Cook the chicken the same way. Make sure it browns on both sides.
In a large bowl, mix 2 cups of Maseca Flour gradually with 1 ½ cup of hot water.**

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5

Cook the chicken the same way.
Make sure its brown on both sides.

6

In large bowl mix 2 cups of Maseca
flour gradually with 1 1/2 cup hot
water.

7

Knead the dough for 2-3 minutes
until soft. Then let it rest for 10
minutes covered with a paper towel.


8

Use a spoon to help shape into a ball. Place
the dough ball between two pieces of plastic
in a tortilla press. Gently press the dough
ball until it forms a 4- to 5-inch tortilla

Knead the dough for 2-3 minutes until soft. Then let it rest for 10 minutes covered with a paper towel. Use a spoon to help shape into a ball. Place the dough ball between two pieces of plastic in a tortilla press. Gently press the dough ball until it forms a 4 to 5" tortilla.

Cook the Tortilla for about a minute on each side


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9




Cook the tortilla in a skillet for about a minute on each side.

10




11



Buen Provecho!

ISSACHAR DISH
PICO DE GALLO
RECIPE BY SISTER DINA ISRAEL



5 tomatoes.
3 jalapeños.
1/2 red onion (to your liking). cilantro.
3 avocados.
2 lemons salt and pepper to taste.

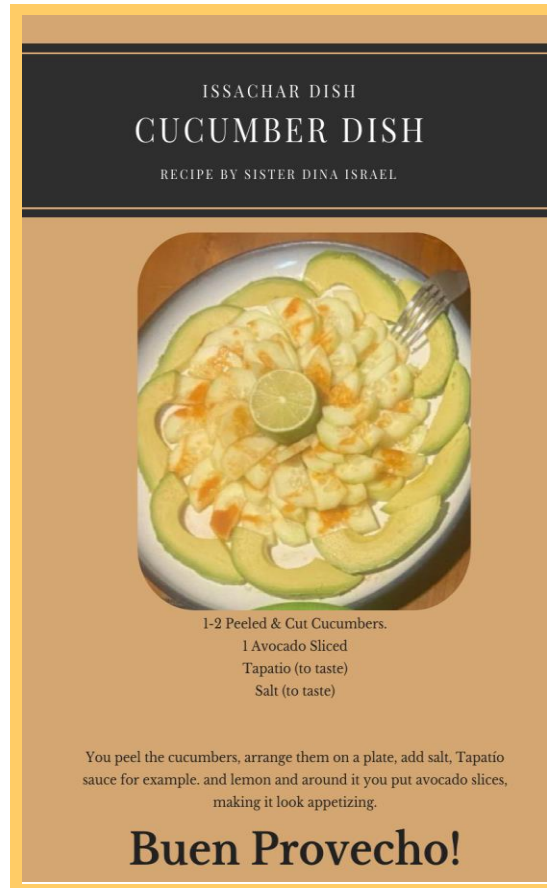
Chop the vegetables (tomato, onion, jalapeños, cilantro and avocados,
add salt, pepper and squeeze a lemon.

Buen Provecho!

5 Tomatoes – 3 Jalaperios – ½ Red Onion (to your liking) Cilantro – 3 Avocado –
2 Lemons – Salt and Pepper to your taste.

Choy the vegetables (Tomato, onion, Jalapeno, Cilantro and Avocado.
Add salt, pepper, and squeeze lemon.

**1-2 peeled and cut cucumbers, 1 Avocado sliced,
Tapatio (to your desired taste), Salt (to your desired taste)**



Peel the cucumbers, arrange them on a plate, add salt, Tapatio sauce for example and lemon around it.

Put avocado slices around it making it look appetizing.



Date Night Dinner Ideas

Beef & Chicken Tacos served with Pico de Gallo, Cucumber dish and Lemonade

ingredients:

2 pounds of "diesmillo" beef. 2 pounds of chicken breast.
Corn tortillas
Olive oil
Salt and black pepper

pico de gallo:
5 tomatoes.
3 jalapeños.
1/2 onion (to your liking). cilantro.
3 avocados
2 lemons salt and pepper to taste.

cucumbers

red sauce of your choice

Lemonade :
7 lemons
1 cup of sugar
a jar of water