



Taquito Therapy by Jeff Warchall 2023 MI Mind Everyone Cooks Team



Chicken Filling

1 lb Chicken Thighs

Marinade

Olive Oil

Lime Juice

Garlic

White Wine Vinegar

Hot Sauce

Filling

4 oz. Cream Cheese

1 tbsp Ground Cumin

1 tsp Chili Powder

1 tsp Garlic Powder

1 tsp Ground Black Pepper

1 tsp Salt (or to taste)

Instructions

1. Combine the marinade ingredients and marinate the chicken overnight.
2. Grill the chicken thighs to an internal temperature of 165° F.
3. Allow the cream cheese to come to room temperature.
4. Meanwhile, shred the chicken with a pair of forks.
5. Once the cream cheese is soft, combine all of the filling ingredients with the chicken and set aside.

Black Bean and Corn Filling

2 ears Corn

¼ lb Black Beans (dry) or 1 can of cooked black beans

1 Green Bell Pepper

1 Onion

1 tbsp Ground Cumin

1 tsp Chili Powder

1 tsp Garlic Powder

1 tsp Ground Black Pepper

1 tsp Salt (or to taste)

Instructions

1. If using dry beans cook them according to the package instructions
2. Mash about half of the beans
3. Grill the corn, green pepper, and onion.
4. Cut the kernels off the corn and dice the onion and green peppers
5. Combine all ingredients and set aside

Assembling and Cooking Taquitos

30 tortillas

Corn Oil

Instructions

1. Brush the grill with corn oil.
2. Place two heaping spoonfuls of either the chicken or bean and corn filling onto a tortilla and roll it up. Note that the proportions about are for approximately 15 each of chicken and black bean taquito.
3. Grill the rolled-up taquitos, turning them once or twice, until golden brown.

Vegan “Queso”

¼ cup Cashews

1 small Onion

1 cup diced Potatoes

½ cup diced Carrots

4 cloves Garlic

2 tbsp Olive Oil

½ tsp Paprika

½ tsp Chili Powder

½ tsp Garlic Powder

½ tsp Onion Powder

½ tsp Salt

Instructions

1. Soak the cashews overnight in cold water.
2. Bring a large pot of water to a boil and boil the carrots and potatoes until soft – about 15 minutes.
3. Drain the cashews and place them in a blender along with all of the other ingredients.
4. Puree until very smooth, you may need to run the blender at increasing speeds for 5 minutes or so to get out all of the chunks.

Smoky Mole Sauce

2 cups Vegetable Broth

½ cup Prunes

1 small Onion

5 cloves Garlic

1 tsp Chili Powder

1 tsp Cumin

1 tsp Coriander

1 tsp Oregano
½ tsp Nutmeg
½ tsp Cloves
1 Chipotle Pepper (canned)
1 tbsp Adobo sauce (from the chipotle can)
½ tsp Salt
2 tbsp Peanut Butter
1 oz. Dark Chocolate

Instructions

1. Simmer the prunes in the vegetable broth for 10 minutes.
2. In a different pan, sauté the onions and garlic until deeply golden brown, stirring often.
3. Add the spices to the onions and sauté for 1 or 2 more minutes.
4. Place the prunes, broth, onion and spice mixture in a blender. Add the chipotle and the adobo sauce to the blender.
5. Blend the mixture until smooth and then return it to the onion pan over low heat.
6. Add the salt, chocolate and peanut butter and stir until the chocolate is fully melted and all is incorporated.
7. Adjust seasoning to taste, sometimes I add chili peppers to make it hot. Alternately, the sauce can be slightly sweetened with two tablespoons of maple syrup.