



UDS MI UNIVERSIDAD

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MATERIA:  
Ingles

1er Cuatrimestre

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# TRADITIONAL DISHES OF MEXICO



## Pozole

### Ingredients

- Dried guajillo or pasilla Chiles
- Dried ancho chiles
- Cubed pork
- Onion
- Garlic cloves
- Chicken broth
- Hominy
- Mexican oregano
- Lime (optional)
- Radishes (optional)
- Avocado (optional)
- Red onion (optional)

### Directions

- Step 1: Soak the chiles
- Step 2: Cook the meat
- Step 3: Make the soup



## Mexican street corn

### Ingredients

- Corn
- Sour cream and mayo
- Cilantro
- Lime zest and juice
- Garlic
- Cotija
- Chili powder

### Directions

- Step 1: Remove the silk
- Step 2: Rewrap the corn
- Step 3: Soak the corn
- Step 4: Grill the corn
- Step 5: Brush on the sauce
- Step 6: Top with cotija and chili powder

Total time: 40 minutes + soaking

## Baked chicken chalupas

### Ingredients

- 6 corn tortillas (6 inches)
- 2 teaspoons olive oil
- 3/4 cup shredded part-skim mozzarella cheese
- 2 cups chopped cooked chicken breast
- 1 can (14.1 ounces) diced tomatoes with mild green chiles, undrained
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup finely shredded cabbage

prep time: 20 min

Cook time: 15 min.



## Sopes

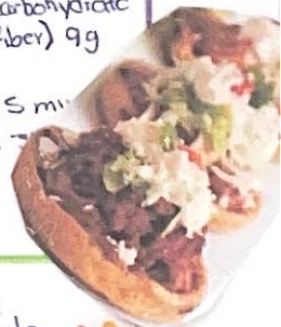
### Ingredients

- 2 cups masa harina
- 1 teaspoon salt
- 1-1/2 cups shredded cooked chicken
- 1-1/3 cups warm water
- 1/4 cup salsa, divided
- 1/4 cup shortening
- 1 cup refried beans, warmed
- 1 cup shredded queso fresco

### Nutrition Facts

1 sopes: 179 calories, 7g fat (2g saturated fat), 19mg cholesterol, 380mg sodium, 19g carbohydrate (1g sugars, 2g fiber), 9g protein.

Prep time: 15 min  
Cook time: 7 min



## Esquites

### Ingredients

- Olive oil
- Fresh corn or thawed frozen corn
- Mayonnaise
- Cotija cheese
- Fresh cilantro
- Green onions
- Jalapeno pepper
- Lime juice
- Garlic cloves
- Salt • pepper



### Directions

- Step 1: Cook the corn
- Step 2: Mix the ingredients
- Step 3: Garnish the esquites

### Nutrition facts

1/2 cup: 252 calories, 24g fat (4g saturated fat), 13mg cholesterol, 39mg sodium, 15g carbohydrate (5g sugars, 2g fiber), 4g protein.

## Guacamole

### Ingredients

- Avocado
- Lime juice
- Tomatoes
- Onion
- Cilantro
- Jalapeno
- Garlic
- Salt

### Directions

- Step 1: Mash the avocados
- Step 2: Mix the guacamole



## Refined Bean

### tostadas

### Ingredients

- 6 flour tortillas (6 inches)
- 1/2 pound sliced fresh mushrooms
- 1 cup diced zucchini
- 2 tablespoons canola oil
- 1 jar (16 ounces) chunky salsa
- 1 can (4 ounces) white or shagpepp corn beans

- 1 can (16 ounces) vegetarian refried beans, warmed
- 1-1/2 cups shredded cheddar cheese
- 2 medium ripe avocados, pitted and sliced
- 1-1/2 cups chopped tomatoes
- 6 tablespoons sour cream

Nutrition Facts: 1 tostada 588 calories, 31g fat (10g saturated fat), 46mg cholesterol, 1250mg sodium, 64g carbohydrate (4g sugars), 12g fiber, 19 protein.

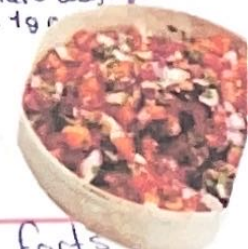
## pico de gallo

### Ingredients

- 6 plum tomatoes, chopped
- 1 small onion, finely chopped
- 1/2 cup chopped fresh cilantro
- 1 to 2 jalapeno pepper, seeded and finely chopped
- 3 tablespoons lime juice (about 1 lime)
- 1 garlic clove, minced
- 1/4 teaspoon salt

### Nutrition Facts:

1/4 cup: 14 calories, 0 fat (0 saturated fat), 0 cholesterol, 40mg sodium, 3g carbohydrate (1g sugar, 1g fiber), 1g protein.



## Salsa roja

### Ingredients

- 1 can (14-1/2 ounces) diced tomatoes with garlic and onion, drained
- 1 can (14-1/2 ounces) Mexican stewed tomatoes, drained
- 1 can (16 ounces) diced tomatoes and green chiles, drained
- 1 medium onion, quartered
- 2 jalapeno peppers, seeded and coarsely chopped

- 2 jalapeno pepper, seeded and coarsely chopped
- 3 garlic cloves, minced
- 2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/2 cup minced fresh cilantro
- 1/4 cup lime juice
- 2 medium ripe avocados, pitted and cubed, optional
- Tortilla chips.

## Flautas de pollo

### Ingredients

- 4 cups shredded cooked chicken
- 1 cup shredded cheddar cheese
- 1 can (4 ounces) chopped green chiles
- 1/2 cup salsa
- 1/2 teaspoon pepper
- 16 flour tortillas (6 inches)
- oil for deep-fat frying
- optional toppings: guacamole, shredded lettuce, sour cream and pico de gallo.

### Nutrition Facts

2 Flautas: 540 calories, 34 fat (19g saturated fat), 76mg cholesterol, 496mg sodium, 34g carbohydrate (3g sugars, 2g fiber), 30g protein.



Linkografia:

<https://www.tastcofhome.com/collection/Mexican-food-take/?srsltid=AfmBOogr0lcd-Fbp20tx6qWhNBC70MzXARy9QrEsAKqaxUz4ApsMdPKg>