



Low Carb Tex Mex Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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Please refer to my website for the nutritional counts for these recipes.

CHILE CHICKEN MONTEREY

4 boneless chicken breasts
Seasonings of your choice
1 tablespoon butter
1 small onion, chopped
1/4 pound fresh mushrooms, sliced
4 ounce can chopped green chiles
4 ounces pepper-jack cheese, shredded

Flatten and season the chicken breasts; grill and keep warm. Meanwhile, in a small skillet, sauté the onions and mushrooms in butter until they are tender. Stir in the chiles. Place the chicken pieces on a baking sheet or in a shallow baking pan. Top with the mushroom mixture and then with the cheese. Bake at 350° about 5-10 minutes until the cheese has melted.

Makes 4 servings



CHILE RELLENO CASSEROLE

2 7-ounce cans whole green chiles, drained well
8 ounces pepper-jack cheese, shredded
3 eggs
3/4 cup heavy cream
1/2 teaspoon salt
4 ounces cheddar cheese, shredded

Grease an 8x8" baking dish. Slice each chile along one long side and open flat. Arrange half of the chiles in the bottom of the baking dish skin side down in a single layer. Top with the pepper-jack cheese. Arrange the remaining chiles over the cheese, skin side up.

Beat the eggs, cream and salt well. Pour evenly over the chiles. Top with the cheddar cheese. Bake at 350° for 35 minutes, until golden brown and a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



CILANTRO PEPITA DRESSING & DIP

1 medium Anaheim chile, roasted peeled and seeded
2 tablespoons pepitas, roasted *
1 clove garlic
1/8 teaspoon pepper
1/2 teaspoon salt
6 ounces oil
3 tablespoons red wine vinegar
1 ounce Cotija or freshly grated parmesan cheese
1 bunch cilantro
3/4 cup mayonnaise
1 tablespoon water

Chop off the tough bottom stems of the bunch of cilantro; place the leafy tops in a large colander. Pick out any of the tougher stems that you find as well as any shriveled leaves and debris. Run cold water over the cilantro to remove any dirt, swishing it around under the water to clean completely. It's ok to keep the smaller stems. They will be pureed anyway. There's also no need to dry the cilantro. Just shake off any excess water.

Put everything but the cilantro, mayonnaise and water in a food processor with the chopping blade. Process about 10 seconds. Add the cilantro in batches and pulse until the dressing is smooth. Add the mayonnaise and water to the food processor and pulse a few times to blend. Chill well before using.

Makes about 2 cups

* Pepitas are shelled pumpkin seeds. Roast them in the oven or toaster oven at 350° about 5 minutes until they start to brown and pop.



ENCHILADA BAKE

Crust:

- 4 ounces cream cheese, softened
- 2 eggs
- 1/2 teaspoon Linda's Taco Seasoning (on page 9)
- 8 ounces cheddar cheese, shredded

In a large bowl, whisk the cream cheese and eggs until smooth. Add the taco seasoning and mix well. Stir in the cheese; mix well. Line a 9x13" baking dish with parchment paper; spread the cheese mixture evenly over the bottom. Bake at 350°, 35 minutes or until lightly browned and set. Let stand 5-10 minutes before adding the topping.

Topping:

- 1 pound ground beef
- 1 small onion, chopped
- 1-2 tablespoons Linda's Taco Seasoning
- 1 cup Red Enchilada Sauce (on page 19)
- 8 ounces pepper-jack cheese, shredded

Brown the hamburger with the onion; drain the fat. Stir in the seasoning and enchilada sauce. Spread over the crust. Top with the cheese. Bake another 20 minutes or so until hot and bubbly.

Makes 8 servings



GREEN "ENCHILADA" CHICKEN CASSEROLE

4 cups cubed cooked chicken
2 teaspoons Linda's Taco Seasoning (on page 9)
8 ounces cream cheese
7 ounce can Green Mexican Salsa
4 ounce can chopped green chiles
6 ounces Monterey jack cheese, shredded
4 green onions, chopped

Grease an 11x7" baking pan. Put the chicken in the pan and toss with the taco seasoning to coat. Soften the cream cheese and whisk well with the green sauce in a medium bowl. Stir in the chiles. Pour the sauce evenly over chicken. Top with the cheese. Bake at 350° 25 minutes, until hot and bubbly. Remove from the oven and immediately sprinkle with the green onions.

Makes 6-8 servings



GREEN ENCHILADA BAKE

Crust:

- 4 ounces cream cheese, softened
- 3 eggs
- 1/3 cup heavy cream
- 1/2 teaspoon Linda's Taco Seasoning (on page 9)
- 8 ounces cheddar cheese, shredded

In a large bowl, whisk the cream cheese and eggs until smooth. Add the cream and seasoning; mix well. Stir in cheese; mix well. Spread the cheese mixture evenly over the bottom of a parchment-lined 9x13" baking dish. Bake at 350° for 25-30 minutes. Let stand 5 minutes before adding the topping.

Topping:

- 1 pound ground beef
- 3 teaspoons Linda's Taco Seasoning
- 10 ounce jar green enchilada sauce
- 4 ounce can chopped green chiles
- 8 ounces pepper-jack cheese, shredded

Brown the hamburger; drain the fat. Stir in the seasoning, enchilada sauce and chiles. Spread over the crust. Top with the cheese. Bake another 20 minutes or so until hot and bubbly.

Makes 8-12 servings



GREEN ENCHILADA CHICKEN

4 boneless chicken breasts, pounded flat
2 teaspoons Linda's Taco Seasoning (on page 9)
4 ounces Monterey jack cheese, shredded
1/2 cup sour cream
7 ounce can Green Mexican Salsa
4 ounce can chopped green chiles
Cilantro, chopped (optional)
2 green onions, chopped

Sprinkle each side of the chicken breasts with 1/4 teaspoon of the seasoning. Heat some oil in a large skillet; sauté the chicken until just done or grill on an outdoor or indoor grill. Don't overcook. Place in a greased 9 x 13" baking pan. Mix the sour cream, green sauce, chiles and cilantro in a small bowl; pour over the chicken. Bake in a 350° oven for 25 minutes, then top with the cheese and bake an additional 5 minutes until the cheese is melted. Top with chopped green onions.

Makes 4 servings



LINDA'S TACO SEASONING

- 1 teaspoon chili powder
- 3/4 teaspoon paprika
- 1 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground coriander
- 1/8 teaspoon cayenne
- 1/2 teaspoon salt
- 1/4 teaspoon xanthan gum



Combine everything and use to season 1 pound ground beef, adding about 1/2 cup of water. Simmer 5-10 minutes.

Makes about 5 teaspoons

LINDA'S TACO SEASONING - BIG BATCH

- 4 tablespoons chili powder
- 3 tablespoons paprika
- 4 tablespoons cumin
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 3 teaspoons ground coriander
- 1 1/2 teaspoons cayenne
- 2 tablespoons salt
- 3 teaspoons xanthan gum

This makes enough for about 12 pounds of ground beef. It will fill a container about the size of one of those cans of parmesan cheese with the green label about 3/4 full.

MEXICAN "RICE"

1/2 a medium fresh cauliflower, grated
1 small onion, slivered
2-3 tablespoons butter or oil or a combination
1/2 cup salsa
1/8 teaspoon garlic powder
3/4 teaspoon salt, or to taste
1/4 teaspoon pepper
Sweetener equal to 1/8 teaspoon sugar

In a very large skillet with a lid, sauté the onion in butter and/or oil until tender. Stir in the grated cauliflower and the remaining ingredients. Mix well. Cover and simmer 10-12 minutes until the cauliflower is tender, but not mushy, stirring occasionally.

Makes 6 servings



MEXICAN CHICKEN

- 1 pound boneless chicken breasts
- 1 teaspoon Linda's Taco Seasoning (on page 9)
- Salt, to taste
- 1/2 cup Red Enchilada Sauce (on page 19)
- 4 ounces cheddar cheese, shredded
- 3 green onions, chopped

Sprinkle the chicken on both sides with taco seasoning; grill or sauté. Cut the chicken into cubes and place in a greased 8x8" baking dish; season with salt to taste. Add the enchilada sauce and toss to coat the chicken. Sprinkle the cheese over the chicken and bake at 350° for 10-20 minutes, until hot and bubbly. Scatter the green onions over the top before serving.

Makes 4 servings



MEXICAN HOT SAUCE

- 1 jalapeño pepper, seeded and coarsely chopped
- 1/2 pound tomatoes, coarsely chopped (about 4 roma tomatoes)
- 1 tablespoon onion, finely chopped
- 1 teaspoon white vinegar
- 1/4 teaspoon salt, or to taste
- 1 tablespoon cilantro (optional)

Put everything in a blender or food processor; process until still somewhat chunky.

Makes about 1 1/4 cups



MEXICAN SPINACH LASAGNA

1 pound ground beef
1 small onion, chopped
5 teaspoons Linda's Taco Seasoning (on page 9)
2/3 cup Red Enchilada Sauce (on page 19)
8 ounces cream cheese, softened
1 egg
10 ounces frozen spinach, thawed and drained well
4 ounce can chopped green chiles
6 ounces colby-jack cheese, shredded

Brown the hamburger, onion and taco seasoning; drain the fat and stir in the enchilada sauce. In a medium bowl, blend the cream cheese, egg, spinach and chiles. In a greased 8 x 8" baking dish, layer half of the meat sauce, or enough to cover the bottom of the pan fairly well. Spread the spinach mixture over the meat layer; top with 3 ounces of the cheese then the rest of the meat sauce. Sprinkle with the remaining cheese. Bake at 350° about 30 minutes until hot and bubbly.

Makes 6-8 servings



MEXICAN STUFFED PEPPERS

1 1/2 pounds ground beef
1 small onion, chopped
1 clove garlic, minced
8 ounce can tomato sauce
2 tablespoons Linda's Taco Seasoning (on page 9)
Salt and pepper, to taste
8 ounces cheddar cheese, shredded (divided)
3 large green bell peppers, halved lengthwise and seeded

Brown the ground beef, onion and garlic in a large skillet; drain the fat. Stir in the tomato sauce and taco seasoning. Simmer about 10 minutes.

Meanwhile, parboil the pepper halves in salted boiling water for 3 minutes; drain. Place the peppers in a baking dish. Stir half of the cheese into the hamburger mixture; fill the peppers with the meat. Top with the remaining cheese. Bake at 350° 15-20 minutes until hot and bubbly and the peppers are tender.

Makes 3-6 servings



MUSHROOM JACK FAJITAS

4 boneless chicken breasts
Marinade (recipe follows)
1 green pepper, julienned
1 red bell pepper, julienned
2 medium onions, slivered
1 tablespoon oil
8 ounces mushrooms, sliced
1 tablespoon bacon grease
4 slices bacon, cooked and crumbled (reserve 1 tablespoon grease)
6 ounces Monterey jack cheese, shredded
Toppings (optional)

Marinade:

1 cup water
3 tablespoons soy sauce
Sweetener equal to 4 1/2 teaspoons sugar
1 tablespoon salt
1 tablespoon white vinegar
1 1/2 teaspoons chipotle chile powder
1 teaspoon liquid smoke
1 teaspoon paprika
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon pepper

Optional Toppings:

Salsa
Sour cream
Guacamole
Shredded lettuce
Pico de gallo

(continued on the next page...)

Place the chicken breasts in a large zipper bag. Combine the marinade ingredients and pour into the bag with the chicken. Set inside a baking dish and marinate in the refrigerator 2 hours or longer. Grill the chicken and keep warm while preparing the vegetables.

In a large skillet cook the peppers and onion in oil until tender-crisp and slightly browned on the edges. Season with salt. Remove from the pan and set aside. Heat the bacon grease in the same skillet; sauté the mushrooms in the bacon grease. Season with salt, to taste.

To assemble the dish, arrange the pepper and onion mixture on a large platter or divide between six dinner plates. Slice the chicken on the bias and arrange over the peppers. Sprinkle with the cheese. Scatter the hot mushrooms and bacon bits over the top and let stand a few minutes until the cheese has melted. Serve with the toppings of your choice.

Makes 6 servings



QUICK NACHO CHEESE DIP

2 slices Deluxe American cheese, torn in pieces
2 tablespoons chunky salsa

Put the cheese pieces in a small microwaveable bowl; top with the salsa. Cover and microwave on 40-50% power for 1 minute. Stir and microwave another 30 seconds on 40-50% or until the cheese has melted completely and the dip becomes smooth and creamy when you stir it with a spoon. Serve at once with pork rinds or raw vegetables.

Makes 1-2 servings



RED ENCHILADA CHICKEN

- 4 boneless chicken breasts, flattened slightly
- 2 teaspoons Linda's Taco Seasoning (on page 9)
- 1/2 cup Red Enchilada Sauce (on page 19)
- 1 Roma tomato, diced
- 4 green onions, chopped
- 4 ounces colby-jack cheese, shredded

Line a large rimmed baking sheet with foil. Season the chicken on both sides with the taco seasoning and place on the baking sheet. Top each with 2 tablespoons of the enchilada sauce, some of the tomato and green onions. Bake at 400° for 20 minutes or until fully cooked; sprinkle with the cheese and bake about 4 more minutes to melt the cheese.

Makes 4 servings



RED ENCHILADA SAUCE

1 tablespoon oil
1/2 small onion, chopped fine
3 cloves garlic
3 tablespoons chili powder
2 teaspoons ground coriander
2 teaspoons cumin
1/4 teaspoon salt
2 8-ounce cans tomato sauce
Sweetener equal to 4 teaspoons sugar (optional)
1/2 cup water

In a medium pot, cook the onion in the oil until soft and slightly browned, about 10 minutes over medium-low heat. Add the garlic and spices. Cook and stir until fragrant, about 30 seconds. Add the tomato sauce, sweetener and water; bring to a simmer. Simmer covered for 1 hour, stirring occasionally.

Makes about 2 1/4 cups



RED ENCHILADA SKILLET DINNER

1 1/2 pounds ground beef
1 small onion, chopped
2/3 cup Red Enchilada Sauce (on page 19)
2 Roma tomatoes, diced
8 green onions, chopped (one bunch)
4 ounces cheddar cheese, shredded
Chopped fresh cilantro (optional)

In a large skillet or wok, brown the meat with the onion; drain the grease. Stir in the enchilada sauce, tomato and green onions. Bring to a boil; simmer 5 minutes. Season with salt, if needed. Add the cheese and cook over low heat until the cheese is melted. Add the cilantro, if using. Can be served over chopped lettuce and topped with sour cream.

Makes 4-6 servings



SALSA CHICKEN

4 boneless chicken breasts
2 teaspoons Linda's Taco Seasoning (on page 9)
1 cup salsa
1/2 cup sour cream
4 ounces Monterey jack cheese, shredded
Chopped green onions, for garnish

Sprinkle both sides of the chicken with taco seasoning. Pan fry or grill the chicken; place in a greased baking dish. Mix the salsa and sour cream; pour over the chicken. Bake at 350° for 20 minutes or until fully cooked. Top with the cheese and bake for a few minutes to melt the cheese. Garnish with green onions.

Makes 4 servings



STUFFED POBLANO CHILES

3 poblano chiles, roasted and peeled
1 pound ground beef or ground turkey
1 small onion, chopped
1 clove garlic, minced
1/2 cup salsa
1 Roma tomato, diced
1 tablespoon chili powder
Salt and pepper, to taste
8 ounces cheddar cheese, shredded

Very carefully cut around the stem end of each chile. Pull out the stem and the seeds with your fingers. Alternately, you can cut a lengthwise slit, open them flat and scrape out the seeds and membranes.

Brown the ground beef or turkey, onion and garlic; drain off any grease. Stir in the salsa, tomato, chili powder and about half of the cheese. Season with salt and pepper, to taste.

Fill the chiles with the meat mixture. If you have split them open, fill them and roll them up around the filling. Place cut side down in a baking dish; top with the remaining cheese. Bake at 350° 15-20 minutes until the cheese is melted and bubbly.

Makes 3 servings



STUFFED POBLANO CHILES WITH ENCHILADA SAUCE

6 small poblano chiles, roasted
1 pound ground turkey or ground beef
1 small onion, chopped
1 clove garlic, minced
1 tablespoon Linda's Taco Seasoning (on page 9)
1 cup Red Enchilada Sauce (on page 19)
8 ounces cheddar cheese, shredded

Cool, then peel the chiles. Very carefully cut around the stem end of each chile. Pull out the stem then cut a lengthwise slit in them. Open them flat and scrape out the seeds and membranes.

Brown the turkey, onion and garlic; drain off any grease. Stir in the taco seasoning. Add 1/4 cup of the enchilada sauce and half of the cheese to the meat. Fill the chiles with the meat mixture and roll them up to enclose the filling. Place cut side up in a baking dish; top with the remaining enchilada sauce. Bake at 350° 20 minutes; top with the remaining cheese and bake another 5-10 minutes to melt the cheese.

Makes 6 servings



TACO SALAD

1 pound ground beef
1 batch Linda's Taco Seasoning (on page 9)
1-2 tablespoons Taco Bell hot sauce, optional
12 ounces iceberg lettuce, chopped
1 small tomato, diced, 3 ounces
3 ounces cheddar cheese, shredded
6 tablespoons sour cream
6 tablespoons salsa
3/4 cup guacamole

Brown the hamburger; drain off the fat. Stir in the seasoning mix, Taco Bell taco sauce and a little water; simmer about 5 minutes. Divide all of the ingredients among 6 large plates.

Makes 6 servings

