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....your recipes needs

Scandinavian recipes



Jalapenos

Description

A good authentic Scandinavian recipe

Ingredients:

- 3/4 cups Frozen Orange Juice or Grapefruit Juice Concentrate, thawed
- 1 or 2 fresh Jalapenos seeded and chopped
- 1 tsp. Paprika
- 1 to 1-1/2 lb. Beef Flank Steak
- 1/4 cup thinly sliced Scallions or Green Onions
- 2 Tbsp. snipped Parsley
- 1 Tbsp. Lime Juice
- 2 Oranges peeled, seeded and chopped
- 1 Grapefruit peeled, seeded and chopped
- 6 Mission Soft Taco Size Flour Tortillas warmed



Preparation:

- For marinade, in a small bowl combine thawed concentrate, chopped jalapeño pepper, paprika and 1 tsp. black pepper. Reserve 2 Tbsp. of the mixture for the salsa. Add 1/2 cup water to the remaining mixture.
- Score flank steak by making shallow cuts at 1-inch intervals diagonally across steak in a diamond pattern. Repeat on second side. Place in a plastic bag set in a shallow dish. Pour marinade over steak; close bag. Marinate in refrigerator for 2 to 24 hours, turning bag occasionally.
- For salsa, in a nonmetallic bowl stir together the reserved 2 Tbsp. marinade mixture, onion, parsley, lime juice and dash of salt. Add

chopped citrus fruit; stir gently. Cover and chill at least 30 minutes to blend flavors.

- To Grill: Remove meat from bag. Discard marinade. Place steak on the rack of an uncovered grill directly over medium coals. Grill, turning once, allowing 12 to 14 minutes for medium-rare.
- To Broil: Remove meat from bag. Discard marinade. Place steak on the unheated rack of a broiler pan. Broil 3 inches from heat for 6 minutes. Turn and broil 7 to 8 minutes more for medium-rare.
- To serve, thinly slice meat. Serve with salsa and warmed tortillas.

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Burrito Casserole

Description

A great burrito Scandinavian recipe

Ingredients:

- 1 pkg. Mission Flour or Corn Tortillas
- 1 lb. Ground Beef
- 1 can Refried Beans
- 1 can Tomato Sauce
- 2 Tbsp. Mild Chiles chopped
- 1 lb. Cheddar Cheese shredded



Preparation:

- Brown ground beef and add beans. Roll mixture in tortillas, burrito style. Mix tomato sauce with chopped chiles and spoon over burritos. Top with cheese.
- Bake 30 minutes at 350 degrees.

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Spicy Tex Mex Burrito

Description

A combination of texas and mexican recipe

Ingredients:

- 3/4 lb. Ground Beef
- 1/2 lb. Spicy Pork Sausage
- 1 large Tomato chopped
- 1/4 thinly sliced Scallions or Green Onions
- 1-1/2 tsp. Chile Powder
- 1/2 tsp. Garlic Powder
- 1 (8-oz.) can Refried Beans
- 6 Mission Burrito sized Flour Tortillas
- 1-1/2 cups Monterey Jack Cheese grated
- Lettuce shredded



Preparation:

- In a large skillet, brown ground beef and sausage; drain. Add tomato, green onions, chili powder and garlic powder; blend well. Bring to a boil; reduce heat and simmer uncovered for 10 minutes. Add refried beans and heat for 5 more minutes.
- Spread 1/2 cup of the meat mixture on each warm tortilla. Top with cheese and lettuce. Fold in one side, fold up bottom and fold over other side. Eat from open end.

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Fajita Salad

Description:

A very tasty Scandinavian recipe

Ingredients:

- 8 oz. Beef Sirloin Steak
- 2 Tbsps. Fresh Cilantro chopped
- 1/4 cup Fresh Lime Juice
- 1 clove Garlic minced
- 1 tsp. Chile Powder
- 1 Red Bell Pepper chopped
- 1 medium Onion chopped
- 1 tsp. Olive Oil
- 1 cup Garbanzo Beans drained and rinsed
- 4 cups Mixed Salad Greens
- Salsa, Sour Cream & Cilantro as desired
- 6-8 Mission 6 Fajita sized Flour Tortillas warmed



Preparation:

- Cut beef into 2X1X1/4 inch strips. Place in resealable plastic food storage bag. Combine lime juice, cilantro, garlic and chili powder and onion in small bowl. Mix well and add to bag. Let stand for 10 minutes, turning once.
- Add beef and marinade to skillet. Cook 3 minutes or until meat is cooked through. Remove from heat. Cool slightly.
- Divide salad greens among serving plates. Top with beef, bell pepper, garbazo beans and tomato wedges. Serve with salsa and warm tortillas. Garnish with sour cream and springs of cilantro as desired.

Sizzling Steak Tacos

Description

Great mission corn tortillas of Scandinavian recipes

Ingredients:

- 8 Mission Corn Tortillas
- 4 Tbsp. Olive Oil
- 2 Green Bell Peppers thinly sliced
- 1 red Onion thinly sliced
- 1 lb. 1/4 thick long strips Skirt or Flank Steak
- 1-2 small Jalapenos minced
- 1 Tbsp. Cumin
- 1 Tbsp. Chile Powder
- 1 1/2 cups Corn cooked
- 2 Tbsp. Cilantro minced
- 1 tsp. Cider Vinegar
- 2 Plum Tomatoes seeded and chopped
- 1 Avocado peeled and diced
- 1 tsp. Vegetable Oil



Preparation:

- Heat oil in heavy large skillet over medium heat. Add bell pepper and onion and saute until tender, about 5 minutes.
- Transfer to bowl. Add steak to skillet and cook until no longer pink, about 2 minutes add jalapeño, cumin, chili powder and salt and pepper to taste.
- Transfer to heated bowl. In a medium sized bowl combine the corn, tomatoes, avocado, cilantro, vinegar, and oil. 4. Warm tortillas over gas flame or electric burner until they begin to color. Transfer to a napkin-lined basket. To serve, have diners assemble their own tacos at the table.

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