



# 10 of Our Favorite Mexican Recipes

The ultimate eCookbook of  
Mexican recipes that are  
colorful, delicious and  
insanely flavorful!

# 10 of Our Favorite Mexican Recipes

BY SUNNY THYMES

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## 1. Mexican Sweet Potato Breakfast Tacos

### INGREDIENTS

- 1 medium sweet potato
- 1 tsp taco seasoning
- 3 corn tortillas
- 3 eggs
- 1/4 cup black beans
- 1/4 cup corn
- 1/4 cup diced red onion
- 8 cherry tomatoes (cut in half)
- crushed red pepper
- fresh cilantro
- chipotle cashew aioli (see recipe below)
- 1 avocado



### INSTRUCTIONS

Preheat oven to 400 degrees. Peel and cut the sweet potatoes into small cubes.

Season sweet potatoes with 1 tsp taco seasoning and coat lightly with olive oil. Bake for about 20-25 minutes until soft.

Meanwhile, brown the corn tortillas on the stove over medium heat.

Fry the eggs.

Top tortillas with toppings and add crushed red pepper, fresh cilantro, and chipotle cashew aioli to taste.

## 2. Loaded Sweet Potato Black Bean Taquitos

### INGREDIENTS

For the taquitos:

2 medium sweet potatoes

1 tbsp homemade taco seasoning  
(see recipe below)

10 corn tortillas

1/2 red pepper (diced)

1/2 cup and 2 tbsp refried black  
beans (about half a can)

For topping:

9 grape tomatoes (cut in half)

1/4 diced red onion

1 avocado

fresh cilantro

chipotle cashew aioli (see recipe  
below)

avocado crema for dipping  
(optional -see recipe below)



### INSTRUCTIONS

- Preheat oven to 400 degrees. Peel the sweet potatoes and cut them into very small pieces.
- Mix sweet potatoes with taco seasoning and lightly coat with olive oil.
- Bake the potatoes for about 25 minutes.
- Take the sweet potatoes out of the oven and reduce temperature to 350 degrees.

- Stack the corn tortillas up and wrap them in a damp paper towel or kitchen towel and microwave for a minute (until flexible and warm).
- Spread about 1 tbsp refried black beans in each tortilla. Evenly distribute the red pepper and sweet potatoes in each tortilla. Roll them up tightly and place them on a baking sheet.
- Brush each taquito generously with olive oil and bake for 15 minutes.
- When there's about 5 minutes left, heat up a few tbsp olive oil on medium to high heat in a large skillet. Once the taquitos have baked for 15 minutes, brown them in the skillet for about 1-2 minutes on each side until they are golden and crispy.
- Top with the suggested or your favorite toppings.

### 3. Avocado Crema

#### INGREDIENTS

- 1 medium avocado
- 1/2 cup tightly packed fresh cilantro
- 1 garlic clove
- 1/2 tsp fresh lime juice
- 1/4 tsp salt
- 2 slices jalapeno
- 1/4 cup unsweetened almond milk

#### INSTRUCTIONS

- Combine all ingredients in a food processor and blend until smooth and creamy.



# 4. Loaded Nachos with Macadamia Nut Queso

## INGREDIENTS

For the ground beef:

- 1 lb ground beef
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp pepper
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp coriander
- 1/4 tsp cayenne pepper
- 1 can refried black beans

For the nachos:

- tortilla chips
- red bell pepper
- corn
- green bell pepper
- diced red onion
- black beans

For topping:

- tomatoes
- avocado
- fresh cilantro
- Macadamia Nut Queso (see recipe below)



## INSTRUCTIONS

Cook the ground beef over medium heat. Once it is almost done, add the refried beans and seasoning. Mix well and cook until beef is done. Place layer of tortilla chips in a large skillet (or a sheet pan). Add a layer of all the nacho ingredients. Continue until ingredients are gone or until you have desired amount of nachos.

Bake on 350 degrees for 15 minutes.

Top with tomatoes, avocado, fresh cilantro, and Macadamia Nut Queso.

## 5. Chipotle Cashew Aioli

### INGREDIENTS

- 1 cup cashews
- 1/4 cup nutritional yeast
- 1 tbsp olive oil
- 1 garlic clove
- 1/2 cup and 2 tbsp water
- 1/2 tsp paprika
- 1/4 tsp cumin
- 1/2 tsp salt
- 1/4 tsp cayenne pepper



### INSTRUCTIONS

- Combine all ingredients in food processor and blend until smooth and creamy.

## 6. Macadamia Nut Queso

### INGREDIENTS

- 1 cup macadamia nuts
- 3 tbsp nutritional yeast
- 1/3 cup almond milk
- 1 garlic clove
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp crushed red pepper
- 1/4 tsp toasted onion powder
- 1/4 of a red bell pepper



### INSTRUCTIONS

- Combine all ingredients in food processor and blend until smooth and creamy.

# 7. Kale, Sweet Potato and Black Bean Enchiladas

## INGREDIENTS

8 flour tortillas  
2 large sweet potatoes  
1 can black beans (rinsed and drained)  
1 green bell pepper  
1 yellow bell pepper  
1/2 white onion (diced)  
1 bunch of chopped kale  
2 jalapeños (1 for filling, 1 for topping)  
2 garlic cloves (diced)  
1/2 tsp paprika  
1/2 tsp cumin  
1/2 tsp salt  
1/4 tsp pepper  
1/4 cup diced red onion  
fresh cilantro  
Velvety Avocado Salsa Verde (see recipe below)  
Chipotle Cashew Aioli (see recipe above)



## INSTRUCTIONS

- Preheat oven to 400 degrees.
- Cut sweet potatoes into bite sized pieces then place on baking sheet. Drizzle with olive oil and stir to coat evenly. Bake until tender, about 30 minutes.

- Prepare the Velvety Avocado Salsa Verde and Chipotle Cashew Aioli according to recipes. Reduce oven temperature to 350 degrees.
- Add olive oil to a frying pan and turn stove to medium heat. Add diced white onion and garlic and sauté for about 5 minutes. Add the paprika, cumin, salt, and pepper. Sauté about 1 more minute.
- Meanwhile, cut the bell peppers and jalapeños into very small pieces. Save half of the jalapeños and add the rest along with the peppers to the frying pan. Sauté 7 more minutes.
- Add the chopped kale to the frying pan and continue to cook and stir until it is wilted.
- Spread about 3/4 cup of the Velvety Avocado Salsa Verde on the bottom of a large baking dish.
- Fill each the tortillas with sweet potatoes, black beans, onion/pepper mixture, and 1 tsp of the Chipotle Cashew Aioli. Wrap up and place seam down in baking dish.
- Top with remaining Velvety Avocado Salsa Verde and bake for about 20 minutes.
- Top with the remaining Chipotle Cashew Aioli and jalapeños, red onion, and fresh cilantro.

## 8. *Velvety Avocado Salsa Verde*

### INGREDIENTS

- 3 tomatillos
- 1 jalapeño
- 1 large avocado
- 1 tbsp chopped white onion
- 1/4 cup packed cilantro
- 1/4 tsp lime juice
- 1/2 tsp salt
- 1 garlic clove



## INSTRUCTIONS

Broil jalapeño and tomatillos on high until they start to blacken on top (about 9 minutes). Flip halfway through.

Combine all ingredients in a food processor and blend until smooth (a little chunky is okay if you like it).

## 9. *Homemade Taco Seasoning*

### INGREDIENTS

- 4 tsp salt
- 4 tsp cumin
- 4 tsp smoked paprika
- 2 tsp pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp coriander
- 1 tsp chili powder



### INSTRUCTIONS

- Combine all of the spices and store in an airtight container.

# 10. Sweet Potato Black Bean Tacos with Avocado Crema

## INGREDIENTS

- 4 small sweet potatoes (about 2.5 cups once cut)
- 1 tbsp homemade taco seasoning
- 2 tbsp olive oil
- 6 corn tortillas
- 1/4 cup diced red onion
- 1 can black beans (rinsed and drained)
- 2 radishes (thinly sliced)
- 1 Jalapeno
- Fresh cilantro
- Avocado Crema (see recipe above)



## INSTRUCTIONS

- Preheat oven to 400 degrees.
- Cut sweet potatoes into small bite-sized pieces. Coat with the olive oil and taco seasoning. Bake for 20 minutes.
- Prepare the avocado crema recipe.
- Warm up/brown the tortillas over medium heat in a skillet.
- Once the potatoes are done, mix them in a large bowl with the black beans while they are still hot.
- Divide the sweet potato black bean mixture on each of the tortillas. Add radishes, jalapeno, and fresh cilantro.
- Drizzle with lots of avocado crema.