



## KEY INGREDIENTS

America by Food

# International Sonoran Desert Alliance at the Curley School, Ajo

HOST OF KEY INGREDIENTS: *America by Food*  
December 11, 2010, through January 23, 2011

## BURRITO DE CARNE CON CHILE VERDE

*Courtesy of Yolanda Walls of Ajo, Arizona*



- 2 pounds cooked roast or pork, cubed to make 4 cups
- 1-1/4 cup broth (add tbsp. of flour for thicker gravy)
- 1 medium onion, finely chopped
- 1 cup diced green chiles, roasted and peeled or canned
- 1 fresh tomato, chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 12 flour tortillas, approximately 10 to 12 inches in diameter

**Filling:** Place the diced meat in a saucepan. Add all the remaining ingredients and mix well. Heat and simmer for 15 minutes to cook in the flavors, stirring frequently. Set aside to cool.

**Assembly:** Spoon 4 tablespoons of filling down the center of the tortilla. Roll the tortilla into a tube, with one end folded up to keep the filling from falling out. Serves 12.

### Key Ingredient: Anaheim Chile Peppers

Ajo, Arizona, was historically a copper mining town, and most of the miners were Mexican or Mexican-American. Though their lunchbox burritos were filled with a variety of ingredient combinations, the Burrito de Carne con Chile Verde (Green Chile Beef Burrito) was the miners' favorite. The sweet, mildly hot Anaheim chile pepper is the one most commonly used in Mexican cuisine, and is known as the Chile Verde in its green stage. Chiles are the ingredients that say "Mexican food!"

