



***The Recipes of Mrs. A's Famous
Salsa Buena***

Our traditional salsa blends the sweetness of tomatoes, the freshness of cilantro, and the heat of jalapenos for a salsa unlike any other.

All natural Ingredients: tomatoes, cilantro, pickled jalapenos, garlic, pepper, sea salt, and citric acid.

For years, Mrs. Aguayo has been serving her special family recipe to her high school ceramics students who encouraged her to share this unique salsa.

With the help of two creative students who designed the label and a whole lot of love, Salsa Buena made its way into your hands.

Our story



Chile Verde

- ♦ Cut lean pork into small cubes
- ♦ Sauté in vegetable oil
- ♦ Add 1 chopped onion, sauté until soft
- ♦ Add 2 large cans of diced green chiles
- ♦ Add 1 container of Mrs. A's Salsa Verde.
- ♦ Salt and pepper
- ♦ Cook for 15 min. on low



Chile Colorado (Chicken)

- ♦ Simmer 4 boneless chicken breasts in broth until done.
- ♦ Remove chicken aside to cool and save the broth.
- ♦ Add the chicken broth into one container of Mrs. A's Salsa Rojo Loco and simmer until reduced.
- ♦ When cool, shred the chicken
- ♦ Add chicken to one container of Mrs. A's Salsa Rojo Loco.
- ♦ Simmer for 10 minutes

Chile Colorado (Pork)

- ♦ Cube and saute 6 boneless porkchops.
- ♦ Add pork to one container of Mrs. A's Salsa Rojo Loco.
- ♦ Simmer for 10 minutes

Chicken Pot Pie

- ♦ Cut 4 boneless skinless chicken breasts into medium chunks.
- ♦ Sauté chicken in 3 Tbsp. of vegetable oil until golden brown.
- ♦ Add to the sautéed chicken
 - ♦ 1/2 small-diced onion,
 - ♦ 2 small-diced carrots
 - ♦ 4 stalks of celery diced small.
- ♦ Cook vegetables until soft.
- ♦ Add 3 Tbsp. butter and 4 Tbsp. flour.
- ♦ Cook flour for a few minutes, and add 1 box of natural chicken broth.
- ♦ Cook over medium heat for 10 min. until the gravy has thickened.
- ♦ Add 1C frozen peas.

In a separate pan, boil 3 large potatoes until soft and drain (basic mashed potatoes)

- ♦ Add 4 Tbsp. Butter
- ♦ 1/2 c milk,
- ♦ salt and pepper.
- ♦ Place the chicken mixture in the bottom of a 9x13 baking dish.
- ♦ Top with the mashed potatoes
- ♦ Sprinkle the top of the potatoes with sharp or medium cheddar cheese.
- ♦ Bake at 350 for 30 minutes.



Lemon Chicken

- ♦ Cut 2 boneless skinless chicken breasts into thin flat slices.
- ♦ Lightly dust with flour, salt and pepper.
- ♦ Coat the bottom of a large fry pan with 3 Tbsp. olive oil and 3 Tbsp. butter.
- ♦ Sauté and brown the chicken breasts.
- ♦ When brown on both sides, squeeze the juice of two fresh lemons over the chicken.
- ♦ Serve with rice pilaf and vegetables.

Orange Chicken

- ♦ Cut 4 boneless skinless chicken breasts in half.
- ♦ Spread a thin layer of Dijon mustard over each chicken breast half.
- ♦ Lightly flour the chicken in flour, salt and pepper.
- ♦ Coat the bottom of a large fry pan with 3 Tbsp. olive oil and 3 Tbsp. butter.
- ♦ Sauté and brown the chicken breasts.
- ♦ When brown on both sides, pour 2 cups of orange juice over the chicken.
- ♦ The juice will brown and thicken.
- ♦ Cook for 10 minutes until orange gravy has thickened.
- ♦ Serve with mashed potatoes or rice pilaf.



Mrs. A's Industrial kitchen
where ALL of our salsa is
made by hand here in
Santa Cruz, Ca.



Grandma Dora's Beef Stew

- ♦ Cube a large top sirloin steak
- ♦ Saute in vegetable oil until brown
 - ♦ 1 onion chopped small – brown with the meat
 - ♦ 2 large carrots chopped
 - ♦ 2 large potatoes cubed
 - ♦ Water to cover
 - ♦ 1 can tomato sauce
 - ♦ Salt and pepper to taste
- ♦ Cook 1/2 hour on low



Leah Aguayo (Mrs. A) has been cooking since she was 8 years old. Her mother, the youngest of a family of 9 from Minnesota, hated to cook.

Her earliest memories were with her grandma Ginny, rolling out small tortillas while her grandmother made larger ones for the family dinner.

At a young age, Leah would go on play dates and find herself in the kitchens with mothers and grandmothers watching them cook. She also had the privilege to cook with Ralphs mother, a Hispanic home cook. Dora would always say "if I only have a pot of beans to share, you will have a bowl with our family".

I learned so many recipes from Dora.

Soups – I'm almost as Famous for my soups as I am for my salsas! From the Souper Bowl event at school, where we make up to 400 bowls and have a community soup supper to the Santa Cruz Homeless Shelter Soup Line Supper.

Mrs. A loves to cook soup for people.

I truly believe "Soup can save the world!" When you make a big pot of soup, share it with someone: A senior citizen, a homeless person or someone who might be recovering from an illness.

It's something I believe. "A simple sharing of your passion". Whatever your passion is, it's easy to share.





Guacamole

- ♦ Mash 3 fresh ripe avocados.
- ♦ Add salt and pepper
- ♦ The juice of 1 fresh lime.
- ♦ Add small chopped:
- ♦ 1/2 fresh jalapeno
- ♦ 1/2 bunch cilantro
- ♦ 1/2 fresh tomato
- ♦ 2 Tbsp. Mrs. A's Famous Salsa Buena



Tamales can be an over whelming task.

Traditionally, tamales are made Christmas and New Years Eve when there are plenty of family members coming together to celebrate. In other words, "It takes a village!".

Ralph and I tried one year to make them by ourselves and it was crazy. I've learned to make the sauces, meats and fillings the day before and then assemble the tamales the next day. This is when you'll need to call in the forces. It's so much fun and again builds family and community.

The fillings will be cold and less running if you make them the day before. The masa should be the consistency a thick corn bread batter. It will be easier to spoon on the husk.

A couple more hints. When stacking them to be steamed, keep them upright. You can overlap a bit but give the steam room to get around each one. And don't be fooled, the cooking time is right on. Let them sit on a cookie sheet to cool. They will get to the right consistency while cooling. In other words be patient.

Tamales

- ♦ Soak cornhusks in water for 1/2 hour to soften.
- ♦ Thin out the masa with water to a spreadable paste.
- ♦ Overlay two cornhusks in the palm of your hand.
- ♦ Spoon and spread 1 heaping tablespoon of masa in the center of the overlay.
- ♦ The masa should spread to be a very thin layer. It will puff up or thicken as it steams.
- ♦ Place a heaping tablespoon of filling in the center of the masa.
- ♦ Fold over one side into the middle then the other, finishing by folding the end up into the center.
- ♦ Place upright in a large pot with a vegetable steamer.
- ♦ Circle the tamales around the pot in a spiral (circle). They can be stacked up one each other.
- ♦ Add about 4 inches of water at the bottom.
- ♦ Bring the water to a boil.
- ♦ Place a clean wet towel on the top of the last stack and cover with a lid or tight foil.
- ♦ Water will have to be added several times.
- ♦ Steam the tamales for 1 hour. The tamales will seem soft until they cool a bit.
- ♦ Save some red sauce without meat for the top.



Huevos Rancheros

- ♦ In a small saucepan sauté the following vegetables in 2 Tbsp. vegetable oil:
 1. 1/2 onion (cut into thin long strips),
 2. 1 yellow or red bell pepper (cut into thin long strips),
 3. 2 cloves garlic.
- ♦ Saute until soft and add
 1. 1 large can of diced green chiles
 2. 2 tomatoes (cubed).
- ♦ If you would like to add a little spice, add 1/2 -1 whole diced jalapeno.
- ♦ Add water to the pan just under the veggie level.
- ♦ Salt and pepper to taste. Cook for about 20 minutes.

- ♦ While the sauce is simmering, warm a can of organic black beans in a small saucepan.
- ♦ You can flavor the beans with 2 Tbsp. of Mrs. A's Famous Salsa Buena.
- ♦ Fry corn tortillas in a small amount of vegetable oil in a skillet or fry pan (one per person).
- ♦ Drain and keep on a paper towel.
- ♦ In the same pan, fry eggs or make a batch of scrambled eggs.
- ♦ To assemble the Huevos Rancheros, layer the tortilla with a spread of the black beans, eggs, top with the ranchero sauce.
- ♦ At this point you can top with Mrs. A's Famous Salsa Buena, cheese and sliced avocado.



Sopapillas

- ♦ Heat vegetable oil in a large skillet.
- ♦ Fry whole flour tortillas, one at a time until golden brown.
- ♦ Have ready a bowl of cinnamon and sugar.
- ♦ As soon as the fried tortillas come out of the pan, sprinkle them with the mixture.
- ♦ Crack into varied sizes and serve with coffee or hot chocolate as dessert

Cheesy Potato Casserole

- ♦ Boil potatoes with skins on
- ♦ After boiling, peel potatoes if desired (Skins can be left on red and Yukon golds) set aside to cool.
- ♦ In a large saucepan add
 - ♦ 1 cube of butter
 - ♦ 1 onion chopped small. Sauté onion until soft.
- ♦ Add 8 Tbsp. flour and cook for a few minutes while stirring
- ♦ Add 4 C milk and whisk.
- ♦ Add salt and pepper. Stir while sauce thickens
- ♦ Add 4 C shredded cheddar cheese.
- ♦ Cut the potatoes into thick slices and layer in a rectangle pan.
- ♦ Pour cheese sauce over the potatoes and top with a layer of shredded cheddar cheese.
- ♦ Bake at 350 for 1/2 hour or till golden brown.



Fajitas

This fajita recipe can be made with chicken or beef.

- ♦ Cut either boneless skinless chicken breast or top sirloin beef into thin 2" strips. Set aside.
- ♦ Cut three colors of bell peppers and onion into long thin strips.
- ♦ Mince or small chop 3 cloves of garlic.
- ♦ Quarter 3 fresh tomatoes.
- ♦ In a large fry pan, heat 3 Tbls vegetable oil.
- ♦ Add the meat or chicken and stir-fry.
- ♦ Add the veggies and garlic and stir-fry with the meat.
- ♦ After the peppers and onions are soft add the tomatoes, salt and pepper and a small amount of water.
- ♦ Cook for 5 min.
- ♦ Wrap in corn or flour tortillas and enjoy with Mrs. A's Famous Salsa Buena.

Red or Green Chile Chicken Enchiladas

- ♦ Fry one dozen corn tortillas – drain on paper towels
- ♦ In a large saucepan sauté in a 2 Tbsp. vegetable oil – one bunch of green onions chopped small.
- ♦ Once soft, turn off and set aside.
- ♦ Shred one deli-cooked chicken – remove skin and add to your onions.

For Green, use this sauce:

- ♦ Add two cans of diced green chiles,
- ♦ two containers of Mrs. A's Salsa Verde
- ♦ 1/2 container of sour cream
- ♦ 1 c shredded cheddar cheese.

For Red, use this sauce:

- ♦ Add two cans of diced green chiles,
- ♦ two containers of Mrs. A's Salsa Rojo Loco
- ♦ 1 c shredded cheddar cheese.
- ♦ Layer a little sauce on the bottom of a rectangle-baking dish.
- ♦ Layer sauce and tortillas up to the top.
- ♦ Cover with a layer of shredded cheddar cheese and bake at 350 for 1/2 hour or till golden brown.



Mrs. A's Famous Vegetable Soup

Cut the following vegetables into small cubes.

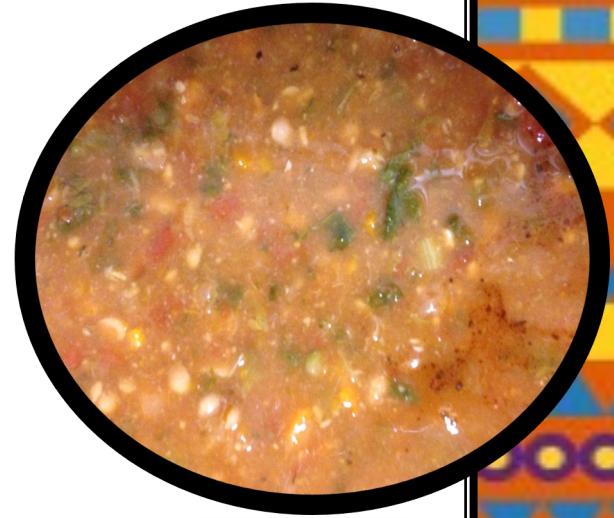
- ♦ 1 onion
 - ♦ 2 zucchini
 - ♦ 3 carrots
 - ♦ 4 celery stalks
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- ♦ Sauté in 2 Tbsp. of vegetable oil. Cook the vegetables until soft.
 - ♦ Add one large can or box of low sodium, low fat chicken broth
 - ♦ Add 1 can of diced tomatoes in juice
 - ♦ Cook for 1/2 hour, salt and pepper
 - ♦ Blend with a hand blender until smooth. Or leave chunky.
 - ♦ Add 3 Tbsp. Mrs. A's Famous Salsa Buena, diced avocado, tortilla strips, a squeeze of fresh lime and serve.



Spinach and White Bean Soup

Follow the vegetable soup on the previous page .

- ♦ Add 2 cans of small white beans, drained
- ♦ 2 Tbsp. tomato paste and 1 small can tomato sauce
- ♦ 2 handfuls of fresh, baby spinach.
- ♦ 1 tspn. Of Italian seasoning.
- ♦ 3 tbsp of Mrs. A's Traditional Salsa Buena.



"Soup Can Save the World"

Black Bean Soup

Follow the vegetable soup above. on the previous page

- ♦ Add 2 cans of black beans, drained
- ♦ 2 Tbsp. tomato paste
- ♦ 1 can diced green chiles
- ♦ 3 Tbsp. *Mrs. A's Famous Salsa Buena*
- ♦ Garnish with more salsa, sour cream, avocado and a squeeze of fresh lime.

Albondigas Soup

Sauté the following vegetables in 2 Tbsp. of vegetable oil

- ♦ 1 onion chopped small
 - ♦ 3 carrots chopped small
 - ♦ 3 celery stalks chopped small
 - ♦ 2 zucchini chopped small
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- ♦ Add 1 large can or box of low fat, low sodium chicken broth
 - ♦ 1 can diced tomatoes in juice, salt and pepper
 - ♦ Let cook
 - ♦ In a separate pan, brown meatballs
 - ♦ Drain and add to the soup
 - ♦ Add 1/2 c white rice and cook the meatball soup for 1/2 hour
 - ♦ Add 3 Tbsp. Of Mrs. A's Traditional Salsa Buena and serve



Minestrone Soup

Sauté the following vegetables in 2 Tbsp. veg. oil and 2 slices of bacon diced small

Chop all veggies small dice:

- ♦ 1 onion
- ♦ 2 zucchini
- ♦ 3 carrots
- ♦ 4 stalks of celery
- ♦ 3 cups fresh green beans
- ♦ 2 cloves garlic
- ♦ Add 1 large can or box low sodium, low fat chicken broth
- ♦ 1 can diced tomatoes in juice
- ♦ 1 large can tomato paste
- ♦ 1 can kidney beans
- ♦ 1 can small white beans
- ♦ Add salt, pepper, and 1 tsp. Italian seasoning
- ♦ Add 1 cup cooked pasta of your choice
- ♦ Cook for 1/2 hour

Salsa Shrimp Salad

In a large bowl add the following after dicing into small pieces:

- ♦ 2 avocados
- ♦ 1 med. cucumber

Add:

- ♦ 1 lb. cooked small bay shrimp
- ♦ 3 Tbsp. Mrs. A's Famous Salsa Buena
- ♦ Chopped fresh cilantro to your liking
- ♦ The juice of 1 large fresh lime
- ♦ Salt and Pepper to taste
- ♦ *Keep cold during serving in a double bowl with ice

Salsa Over Cream Cheese

- ♦ Pour several Tbsp. of either the Mrs. A's Famous Traditional Salsa Buena or Pineapple Mango over your favorite block of cream cheese
- ♦ Serve with multi grain crackers

Lime Agua Fresca

In a large pitcher add:

- ♦ Ice
- ♦ The juice of 6 fresh limes
- ♦ Start off with 1/3 cup sugar – add more if tart
- ♦ Fill to the top with water and stir
- ♦ Sugar substitute may be used in lieu of sugar if needed

"A Simple Sharing of your Passion"

Traditional Spanish Rice

- ♦ Coat the bottom of a medium size sauce pan with vegetable oil.
- ♦ Heat on medium. Pour in 2 cups of long grain white rice.
- ♦ Don't leave unattended at this time! Stir constantly to brown the rice to a golden color.
- ♦ Have ready, 1/4 small chop onion.
- ♦ Add to the rice and cook 2-3 minutes.
- ♦ Add 1 small can tomato sauce and 3 cups water.
- ♦ The ratio is 2-1 liquid to rice.
- ♦ Add salt, pepper and garlic powder. Stir in.
- ♦ Boil for 5, until the rice peaks out of the liquid, then to low for 5-10 minutes, then off and cap with the lid.
- ♦ Do not open the lid or stir!!!! Just be patient. It will magically happen.





This cookbook is dedicated to the two men in my life.

Ralph and Gabe have been by my side through this adventure with support and love.

I feel blessed and lucky to not only have followed my passion for food but to have the support and love from my family. I'm the luckiest woman in the world. To clearly understand my purpose in life and that is to feed people.

Food not only brings comfort but builds a sense of community in my life.

Both have sacrificed and worked hard to make our family business a success. I say, they're pretty lucky to have "Mrs. A" cooking dinner for them every night.