



Fiesta Bucket

30 Day Menu

20 Year Survival Food

APPETIZERS

Salsa Con Queso Dip

Preparing this authentic Mexican dip is easy. Just stir 1/4 cup prepared salsa into 1/2 cup prepared cheese sauce and have a delicious dip ready to go with your favorite dishes!

Bean and Cheese Dip

For an all-time favorite, stir 1/2 cup of prepared refried beans into 1/4 cup prepared cheese sauce and mix well.

Cheesy Nachos

Smother freshly-baked corn chips with prepared cheese sauce for quick-n-easy nachos. For fully-loaded nachos, add seasoned chicken or vegetarian taco filling, refried beans, and salsa.

Corn Chips and Salsa

Craving a bit of salt and crunch? This snack is ready in minutes. Simply prepare a bowl of salsa, bake a tray of corn chips, and enjoy.

ENTRÉES

Breakfast Burritos

Build the perfect breakfast burrito by serving up fresh-baked tortillas loaded with bacon-flavored scrambled eggs and shredded cheese or cheese sauce. Top with a spoonful or two of salsa, and you've started your day Fiesta style!

Cheese Quesadilla

For a tasty cheese quesadilla that's ready in minutes, just sprinkle 1/4 cup shredded cheese on a fresh-baked tortilla. Gently fold tortilla in half and cook on a skillet over medium heat for about 2 minutes each side. Drizzle with salsa and you're good to go.

Chicken Fajitas

For a quick and healthy meal simply fill a warm, fresh-baked tortilla with Fajita-seasoned chicken. Add a large pinch of shredded cheese and a smear of refried beans and you have tortilla-wrapped perfection.

Enchiladas

A go-to comfort food, these yummy enchiladas are a snap to make. Coat the bottom of baking pan with a ladle of enchilada sauce. Place 1/4 cup seasoned chicken or vegetarian taco filling in the center of a fresh-baked tortilla, roll it up and place seam-side down in pan. Cover enchiladas with remaining sauce, top them with shredded cheese and bake at 350°F for 15 to 20 minutes. Serve hot with a side of Spanish rice and refried beans, and you'll enjoy a traditional taste of Mexico.

Tacos

Make delicious vegetarian tacos in a snap by filling a warm tortilla with seasoned vegetarian taco filling, then get creative. Add shredded cheese, salsa, refried beans or Spanish rice, and you've got a quick and tasty Mexican-food favorite!

Refried Bean and Cheese Burritos

Want a quick burrito on the go? Just spread 1/2 cup of refried beans on a warm tortilla, smother refried beans with cheese sauce or shredded cheese and fold. Enjoy as is, or top prepared burritos with shredded cheese and bake at 350°F until cheese is melted. Either way, it doesn't get easier than this.



COOKING INSTRUCTIONS

Cheese Sauce

Directions (8 servings):

1. Remove oxygen absorber and discard.
2. Combine entire contents of pouch with 3 Cups of cold water.
3. Cook over medium heat until cheese sauce reaches a gentle boil, stirring frequently.
4. Remove from heat and let stand for 5 minutes to thicken.

Fajita Seasoning

Directions (Intended for use with Freeze-dried Chicken):

Rehydrate Freeze-dried Chicken

1. Remove oxygen absorber and discard.
2. Combine entire pouch of Freeze-dried Chicken with 2 Cups boiling water, let stand for 5 minutes.
3. Drain excess water.

Cook and season rehydrated chicken

1. Heat 2 Tbsp oil in skillet on medium heat.
2. Add rehydrated chicken to skillet.
3. Sprinkle entire contents of Fajita Seasoning pouch over chicken.
4. Stir in 3/4 Cup water and cook until water evaporates, about 5 to 10 minutes, stirring frequently.

Freeze Dried Chicken

Directions (Intended for use with Fajita Seasoning mix):

Rehydrate freeze-dried chicken

1. Remove oxygen absorber and discard.
2. Combine entire pouch of Freeze-dried Chicken with 2 Cups boiling water, let stand for 5 minutes.
3. Drain excess water.

Cook and season rehydrated chicken

1. Heat 2 Tbsp oil in skillet on medium heat.
2. Add rehydrated chicken to skillet.
3. Sprinkle entire contents of Fajita Seasoning pouch over chicken.
4. Stir in 3/4 Cup water and cook until water evaporates, about 5 to 10 minutes, stirring frequently.

Red Enchilada Sauce

Directions (16 servings):

1. Remove oxygen absorber and discard.
2. Combine entire contents of pouch with 2 Cups of water.
3. Cook on medium heat for 5 minutes, stirring frequently.

Enchiladas

1. Coat the bottom of a 13x9 inch pan with a ladle of enchilada sauce.
2. Spoon 1/4 Cup of your choice of filling into center of tortilla spreading from end to end.
3. Roll up tortilla and place seam side down in pan.
4. Cover enchiladas with remaining sauce.
5. Top with cheese if desired.
6. Bake at 350°F for 15 to 20 minutes.

Refried Beans

Servings	Refried Beans	Water
4	1 1/3 Cup	2 Cups
8	2 2/3 Cups	4 Cups

Directions:

1. Remove oxygen absorber and discard.
2. Bring water and beans to a boil.
3. Cook on medium heat for about 5 minutes, stirring frequently.

Use beans for burrito or with many other items for a delicious combination.

Salsa

Directions (32 servings):

1. Remove oxygen absorber and discard.
2. Bring 2 Cups of water to a boil and mix in entire contents of pouch.
3. Refrigerate for about 20 minutes until chilled or let stand at room temperature for 30 to 40 minutes.

Use with chips and as topping.

Shredded Cheese

Servings	Cheese	Warm Water
4	1/4 Cup	1/4 Cup
8	1/2 Cup	1/2 Cup

Directions:

1. Remove oxygen absorber and discard.
2. Soak freeze-dried cheese in warm water for 15 to 20 minutes.
3. Drain excess water

Spanish Rice

Directions (8 servings):

1. Remove oxygen absorber and discard.
2. Bring 2 1/2 Cups water to a boil and mix in entire contents of pouch.
3. Cover with lid and reduce heat to low.
4. Cook for 15 to 20 minutes.

Serve as a side with any of the delicious items.

Taco

Servings	Taco TVP	Hot Water
4	1 Cup	1 Cup
8	2 Cups	2 Cups

Directions:

1. Remove oxygen absorber and discard.
2. Combine taco TVP and hot water and mix well.

Corn Chips

Directions (16 servings):

1. Remove oxygen absorber and discard.
2. Combine entire contents of pouch with 1 Cup water and 2 Tbsp oil, stir until well mixed.
3. Knead into a smooth ball of dough then divide into 4 equal parts.
4. Place dough pieces between two parchment paper sprayed with oil.
5. Roll dough into paper thin rounds then remove top parchment paper.
6. Cut dough rounds into quarters, sprinkle with salt.
7. Transfer dough and bottom parchment paper to baking sheet.
8. Bake at 400°F for 10 to 20 minutes or until golden brown.
9. Allow chips to air dry and cool.

Tortillas (48 servings)

Servings	Tortilla Mix	Water	Oil
4	3/4 Cup	1/4 Cup	1/8 Cup
8	1 1/2 Cup	1/2 Cup	1/4 Cup

Directions:

1. Remove oxygen absorber and discard.
2. Combine tortilla mix with water and oil and knead together.
3. Separate the dough into equal size balls for each tortilla serving.
4. Roll dough balls into a 6 to 7 inch rounds.
5. Cook tortilla round in preheated oiled pan for about 2 minutes per side.

Scrambled Eggs

with Imitation Bacon Flavored Bits

Servings	Egg Mix	Warm Water
1	2 Tbsp	3 Tbsp
12	Pouch Contents	2 1/4 Cups

Directions (12 servings):

1. Stir Egg Mix into water.
2. Cook as desired.

Great for omelets.