



## This month's spice: Chipotle Seasoning

A chipotle is a smoke-dried jalapeño pepper. It is a chili used primarily in Mexican and Mexican-inspired cuisines, such as Tex-Mex. It comes in different forms, such as chipotles en adobo (stewed in adobo sauce), dried chipotle powder and as a chipotle seasoning blend, mixed with herbs, garlic, citrus, and sometimes brown sugar.

This chipotle seasoning is a multitasker you'll always want to have on hand! Use it to add some smoky heat to all your favourite Tex-Mex dishes. As an added bonus, it is available locally at the Oasis Market, here on Main Street in Coaldale!

**Flavor profile:** The most distinctive flavor of chipotle is smokiness, but there is also some sweetness from allowing the chiles to ripen on the vine. This particular seasoning is a blend of dried chipotle along with other spices. Chipotle seasoning isn't as spicy as you think! It has layers of flavor; it is earthy, smoky, and a little sweet with mild heat.

**Cuisines that chipotle seasoning is used in:** Mexican, Tex-Mex and Southwestern USA

**Pairs well with:** chicken, beef, salmon, shrimp, tofu, chili powder, cumin, oregano, paprika, garlic, cinnamon, honey, orange, lime, black beans, cilantro, avocado, black beans, tomatoes, corn, mayonnaise, sour cream, sweet potatoes, and cheese.

### Ways to use chipotle seasoning:

- Sprinkle it onto meat or vegetables, before grilling or baking.
- Make compound butter by mixing it into softened butter and refrigerating the mixture until it firms up; this is amazing on fresh corn-on-the-cob and grilled sweet potatoes.
- Add it to tacos and burritos, or use it instead of taco seasoning.
- Add it to stews, soups, and chili for a flavour boost.
- Make scrambled eggs and season them with the chipotle seasoning.
- Add it to homemade marinades and sauces.
- Stir it into your favourite ranch dressing.

### Cookbook recommendations available within Chinook Arch:

- The Mexican Keto Cookbook
- The Old El Paso Cookbook
- 200 Easy Mexican Recipes
- The Taco Tuesday Cookbook
- Tex-Mex Diabetes Cooking
- Decolonize your Diet: Plant-based Mexican-American Recipes for Health and Healing

# Chipotle Burgers

Recipe from Delish



Serves 4

## Ingredients:

- 1 ¼ lb lean ground beef
- 1 ½ tsp chipotle seasoning
- 4 slices Monterey jack cheese
- 4 hamburger buns
- Toppings

## Instructions:

1. In large bowl, mix beef, chipotle, and 1/4 teaspoon salt until blended, but do not overmix. Shape beef mixture into four 3 1/2-inch patties, handling meat as little as possible for best texture.
2. Lightly spray ridged grill or 12-inch skillet with non-stick cooking spray, then heat on medium until hot. Place burgers on hot grill or pan. For medium, cook 6 minutes, turn burgers over, and cook 3 minutes longer. Top each burger with 1 slice cheese; cook 2 to 3 minutes longer or until cheese melts.
3. To serve, place burgers on buns and top with your choice of toppings such as: lettuce, onion, tomato, avocado, salsa, and/or chipotle mayo.

To make chipotle mayo: mix mayonnaise and chipotle seasoning until desired flavor is reached. Can also add a bit of lime juice to brighten up the flavors, but good without.

[https://www.delish.com/cooking/recipe-ideas/recipes/a30334/chipotle-nacho-burger-recipe/?click=recipe\\_sr](https://www.delish.com/cooking/recipe-ideas/recipes/a30334/chipotle-nacho-burger-recipe/?click=recipe_sr)

# Vegetarian Chipotle Chili

Recipe from Olive & Mango Serves 6-8



## Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 medium red onion, chopped
- 1 large red bell pepper, chopped
- 1 medium size carrot peeled and shredded/grated
- 1 rib of celery, chopped
- 4 cloves garlic, peeled and minced
- 1-2 jalapeño peppers, stemmed, seeded, and minced
- ½ cup quinoa, rinsed (sub with cauliflower rice for a grain free version)
- 1.5 tablespoons of Chipotle seasoning
- 1 tablespoon ground cumin
- ½ teaspoon smoked paprika
- 28 oz can of diced fire roasted tomatoes (if using fresh use 2 medium or 6 plum tomatoes)
- 1½ cups crushed tomatoes
- 1½ cup of broth or water plus more if needed
- 1 (19-ounce) can pinto beans, drained and rinsed
- 1 (19-ounce) cans black beans, drained and rinsed
- 1½ teaspoons salt, or to taste

## Instructions:

1. Heat the oil in a large Dutch oven or heavy bottom pot over medium-high heat. Add the onion, celery carrots, pepper, garlic and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the quinoa, paprika, cumin, chipotle peppers and stir until well combined.
2. Stir in the diced tomatoes, the crushed tomatoes, broth and beans. Bring to a boil, then reduce the heat to a low simmer, cover, and cook stirring occasionally, until the beans are tender, about 45min to 1 hour adding more stock as needed. Season with salt to taste.
3. Serve immediately, piled high with all of your favorite toppings such as cheese, sour cream, cilantro, tortilla chips, avocado, or chopped onions. You can also transfer to a sealed container and refrigerate for up to 3 days, or freeze for up to 3 months.

<https://www.oliveandmango.com/vegetarian-chipotle-chili>

# Chipotle Ranch Dressing

Recipe by Around My Family Table



## Ingredients:

- 1 cup mayonnaise\*
- 1/4 cup milk\* (or more)
- 1 tsp garlic powder
- 1/4 tsp salt
- 1 tsp onion powder
- 1/4 tsp black pepper
- 2 tsp fresh chopped chives
- 1 tbsp apple cider vinegar
- 1/4 tsp dried dill
- 1-3 tsp of chipotle seasoning (depending on your tastes)

## Instructions:

1. Place all the ingredients in a large mason jar and shake until well blended. Add more or less milk to reach desired consistency (more milk = dressing, less milk = dip)
2. Store dressing/dip in the refrigerator; dressing will thicken some as it cools (so more milk might be needed before using).

Use it to dress a salad with your favourite southwest toppings: lettuce, tomatoes, corn, black beans, avocado, red onion, cilantro, shredded cheese, etc. Can also add grilled chicken or shrimp that you've seasoned with chipotle seasoning.

\*Recipe can also be made vegan by swapping out the mayonnaise for Veganaise and milk for soy milk.

<https://www.aroundmyfamilytable.com/spicy-ranch-dressing/>  
<https://www.aroundmyfamilytable.com/vegan-ranch-dressing/>