



The Birkett Mills Recipes

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Appetizers: Kasha, Bean & Corn Tacos

Kasha heads south of the border in this quick and easy family dinner.

Serves: 4 people

Ingredients

1/2 cup whole kasha
1 tablespoon olive oil
1 1/2 cups diced onion
1 cup diced sweet green bell pepper
2 tablespoons chili powder
1 tablespoon minced garlic
1 can (15 to 16 ounces) red kidney beans drained and rinsed
1 cup corn kernels
1 teaspoon salt
8 taco shells

Directions

In a large saucepan, over high heat, cook and stir kasha until hot and slightly toasted, about 2 minutes; remove to a bowl.

To skillet add oil; heat until hot; stir in onion and pepper; cook and stir over medium-high heat until tender, about 5 minutes. Add chili powder and garlic; cook and stir until fragrant, about 1 minute longer. Add reserved kasha and 2 cups boiling water. Simmer, covered, until kasha is almost tender, about 7 minutes.

Stir in beans, corn and salt; cook until kasha is tender, about 3 minutes longer.

Spoon into taco shells, dividing evenly. Serve with toppings such as grated cheese, shredded lettuce, diced tomatoes and sour cream, if desired.

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