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good

Cooking Classes.
Community.
Fun.



Join our monthly workshops, **Cooking with Purpose**, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Health Center at Auraria's Registered Dietitian



Fresh Tortillas

SERVINGS: About 25 tortillas, depending on size

Fresh tortillas can go with any dish, especially since you can stuff them with just about anything! Tortillas can be made in a variety of ways, corn, cassava, sweet potatoes, but flour tortillas are our favorite! Anything can be stuffed in these tortillas, from salad, eggs, to beans and hummus, the combinations are endless. Veggie tacos are one of the best ways to get your days' worth of veggies!

INGREDIENTS

- 7 cups flour
- 2 $\frac{1}{4}$ cups warm water (90 to 100 degrees)
- $\frac{2}{3}$ of cup shortening
- 3 teaspoons salt
- Extras: 2 tablespoons water and flour

DIRECTIONS

1. Place flour in bowl, add salt, mix well.
2. Add shortening, and break into flour, incorporate well, by breaking it into pieces in the flour.
3. Consistency of flour should become crumbly. When you can make shapes out of the flour by squeezing it, and it easily crumbles away, it is ready.
4. Once combined, make a well in the middle of the flour, add warm water, and incorporate into flour. Keep folding in the flour, it should appear gooey, add 2 tablespoons of warm water once flour is fully hydrated. Slowly add in some all-purpose flour, knead for ten minutes until it is not sticky, dough should feel supple, cover with shortening, and let sit for 10 minutes. Rest the dough in a warm place covered.
5. Once set, start making your dough balls, keeping them moist, as you create your balls, roll each one out and cook on medium heat over the stove until puffed. Flip once and repeat with each tortilla. Enjoy!

PRO TIP

To ensure your dough stays pliable and easy to work with, avoid it getting dry by wrapping it in plastic wrap or keeping shortening handy while it rests.

