



The Ethnic Communities' Council  
Love Food Hate Waste project celebrates  
the diversity of food and cultures in NSW

## Tortilla Stew (Chilaquiles rojos)

*Rosa is from Mexico City. She told us how the popular Mexican dishes like Chilaquiles (Tortilla stew) or Nachos with re-fried beans and jalapeno conserves are things that people made to avoid wasting leftover food. Most working class families would have salsa, beans and tortillas as the base of their food and made dishes using different combinations of these. When tortillas were a few days old they would put them out to dry under the sun or fry them, making them into tostadas or corn chips.*

### Ingredients

8 to 10 old or stale Tortillas  
1kg tomatoes  
4 garlic cloves peeled  
2 large onion  
2 jalapeño chilies

Oil  
Salt  
Sour cream  
Cheese

### Preparation - Salsa

Heat the oven grill. Cut the tomatoes into four and lay them on foil with a bit of oil.

Grill the tomatoes until they change colour.

Put the oil, garlic cloves and onion into a pan on medium heat. Stir carefully every couple of minutes to distribute the heat until the onions go brown and the garlic is soft.

Add 1 or 2 jalapeño chilies to taste - just for a few seconds (the longer the chilies are in the heat the hotter they will get).

Cool to room temperature. Put the ingredients into a blender or food processor, starting with the garlic and onion and followed by the tomato pieces, one at a time.

Add some water or broth to help blend everything until it has a runny consistency.

Add salt and pepper to taste.

Coriander can be added at the end.

### Preparation - Tortillas

Cut the old tortillas into small pieces or wedges.

\* Deep fry them until they become corn chips.

Put a bit of olive oil and one chopped onion into a pan on high heat. Once the onion has changed colour turn down the heat to medium.

Add the corn chips and then the red sauce on top.

Let the corn chips absorb the sauce. Do not stir them.

Serve on plate and add sour cream and cheese to taste.

\* As an alternative for people who do not want to deep fry, the tortilla pieces can be cooked in the oven at high temperature until they go brown and crunchy.

