

# BEST INGREDIENTS ♥ FOR AUTHENTIC MEXICAN FOOD

Below you will find a list of the main ingredients I use for Mexican food. We have **highlighted in red** the brands and details that we feel really makes things tastier and give more of an authentic taste.

## STAPLE INGREDIENTS

- **Corn Tortillas** - **we love the Kroger brand**
- **Mexican blend cheese** - Available at most grocery stores
- **Tomatoes**
- **Cilantro**
- **Onions**
- **Diced Green Chiles** - found in small cans in the Mexican aisle of the grocery store
- **Rice** - we prefer white rice, but brown rice can be used if you prefer
- **Tomato sauce**
- **Chicken broth** - boxed chicken broth works perfectly and stores for a long time
- **Meats** - chicken & beef - chicken is usually boneless skinless chicken breast and is shredded after cooking, and beef can be shredded from a roast, or ground beef.
- **Canned Green Enchilada Sauce** - **our favorite is Las Palmas**
- **Sour cream** - **The squeeze packaging is a life changer!**
- **Tortilla chips** - Juanitas/Juantonio's
- **Tortillas** - **We prefer uncooked tortillas.** These taste SO much better when they are cooked fresh. Our favorite is Tortilla Land tortillas. Our favorite cooked flour tortillas are La La's.

If you are wanting to make foods seem more authentic, below are seasonings we always have on hand for our go-to recipes:

- Cumin
- Mexican cilantro
- Garlic salt with parsley flakes
- Chili Powder - **Gebhardt's is by far our favorite**