



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

MAIN DISHES | Lou's Chalupa

1 package corn tortillas
1 can (1 lb 14 oz) refried beans
1 medium onion, chopped
1 medium tomato, chopped
Shredded lettuce
Grated cheddar cheese

Cook tortillas in hot oil until softened and place three on each individual oven-proof dish
Spoon on heated refried beans
Sprinkle with onion, tomato, lettuce cheese in layers

Place dish in a pre-heated 350° oven for 15 minutes or until cheese melts

Variations:

Avocado chopped may be added before layer of lettuce. Or spoonfuls of sour cream dotted on top of beans before sprinkling with onions.