



Mexican Cuisine Blend

CLEAN COOKBOOK



Oils in Blend:

Avocado Oil, Lime, Cumin, Black Pepper, Cilantro, Marjoram

Clean Sweet Pork

Yield: 5.5 pounds
Ingredients:

- 1 pork shoulder or Boston butt
- 5 tablespoons onion powder
- 5 tablespoons garlic powder
- 1/2 cup coconut sugar
- 1/4 cup salt
- 3 tablespoons black pepper
- 1 cup maple syrup
- 1 cup raw honey
- 3.5 cups water
- 2 drops doTERRA Mexican Cuisine Blend



Instructions:

1. Combine all the dry ingredients, along with 2 drops of doTERRA Mexican Cuisine Blend. Generously coat the pork cushion and place in an appropriately sized crockpot.
2. Pour in the water, maple syrup, and raw honey turn the crockpot to low, and allow to cook overnight (approximately 8–10 hours).
3. Once the pork has cooked, pull it out of the crockpot, strain, and set aside the liquid.*
4. Shred the pork, placing it back in the crockpot for immediate use or cooling and storing properly for future use.

*Note: Set aside the liquid to make the Sweet Pork Sauce recipe

Sweet Pork Sauce

Yield: 1½ quarts
Ingredients:

½ cup avocado oil
¼ cup chili powder
½ cup rice flour
1 quart sweet pork liquid*

½ cup coconut sugar
1-2 drops doTERRA
Mexican Cuisine Blend
Salt and pepper to taste

*Note: Save the liquid from the Sweet Pork recipe. If the liquid from the pork isn't quite a quart, then add water or stock to increase.



Instructions:

1. Heat the avocado oil in a sauce pot until the surface begins to shimmer. Add the chili powder and rice flour and sauté for about 1 minute, stirring often.
2. Whisk quickly as you add the sweet pork liquid and sugar to avoid clumps. Bring the sauce to a simmer and allow to thicken.
3. Season with doTERRA Mexican Cuisine Blend, salt, and pepper until the desired flavor is achieved. Serve immediately or store for future use.

Simple Salsa

Yield: 2 ½ cups
Ingredients:

½ red onion, chopped
1 Organic Roma tomato,
chopped
2 jalapenos, chopped*
1 ¼ tablespoons garlic,
minced (approximately
4 cloves)
¼ cup cilantro
(approximately 1 bunch
of cilantro)
¼ cup lime juice
1 28-ounce can organic
ground tomatoes
Salt and pepper to taste
2 drops doTERRA
Mexican Cuisine Blend
*Note: If a less spicy
salsa is desired, either
use fewer jalapenos or
seed them.



Instructions:

1. Using a food processor, mince the onion, tomatoes, jalapenos, and garlic. Place into a bowl.
2. Mix the remaining ingredients into the salsa base and season with salt and pepper until the desired flavor is achieved.



Cilantro Lime Guac

Yield: 3 ½ cups
Ingredients:

4 avocados, prepared
2 tablespoons cilantro,
chopped
2 tablespoons lime
juice ¼ cup onion,
chopped
2 organic tomatoes,
chopped
2 drops doTERRA
Mexican Cuisine Blend
Salt and pepper to
taste



Instructions:

1. Mash the avocados in an appropriately size mixing bowl.
2. Once mashed, combine and mix the remaining ingredients and enjoy with the tortilla chips of your choosing.

Mexican Style Chicken Marinade

Yield: 2 Cups
Ingredients:

1/4 cup coconut aminos
1/2 cup lime juice
1/4 cup coconut sugar
2 tablespoons garlic,
minced (approximately
6 cloves)
2 tablespoons cilantro,
chopped (approximately
1/2 bunch) 1 teaspoon
chili powder
2 drops doTERRA
Mexican Cuisine Blend
2 tablespoons salt
1 teaspoon black pepper
1 cup avocado oil



Instructions:

1. Combine all the ingredients and allow the mixture to sit for 30 minutes before using.
2. Pour the marinade into a sealable plastic bag and add chicken.
3. Allow the chicken to sit in the marinade for 30 minutes or up to 12 hours in the refrigerator before cooking.

Spanish Rice

Yield: 1 Quart
Ingredients:

2 1/2 cups water or stock
3/4 cup Simple Salsa (see
recipe in book)
Salt and pepper to taste
2 drops doTERRA
Mexican Cuisine Blend
1/4 cup avocado oil
1 1/2 cups rice

*Note: This recipe can
be prepared in an
Instant Pot® or rice
cooker.



Instructions:

1. In a separate container, combine the water or stock, Simple Salsa, doTERRA Mexican Cuisine Blend, and salt and pepper. Set aside.
2. Heat the avocado oil in the pot until the surface shimmers. Add and sauté the rice until the grains begin turning golden.
3. Add the combined ingredients from the separate container to the rice. Allow the mixture to come to a boil for 1 minute, stirring so nothing sticks to the bottom of the pan.
4. Turn the heat down to low and place a heavy lid on top. Allow to sit for 20–30 minutes.

Pozole

Yield: 2 Quarts

Ingredients:

1/4 cup avocado oil
2 cups pork or organic chicken, chopped
2 tablespoons garlic, minced (approximately 6 cloves)
1/2 cup hatch peppers, diced
2 cups Simple Salsa (recipe in book)
2 cups hominy
1 1/2 quarts chicken bone broth
3 drops doTERRA Mexican Cuisine Blend



Instructions:

1. Heat the avocado oil in a pot until the surface shimmers. Add and sauté the pork or chicken, garlic, and hatch peppers until the meat is almost cooked.
2. Add the remaining ingredients to the pot and bring to a simmer for about 30 minutes.
3. Serve immediately with shaved cabbage, lime wedges, radish slices, and sour cream. Or cool and store properly for future use.