

# Angels Cook Book



## Cowboy Coleslaw

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|--|---|
| 1 (16 oz) package shredded coleslaw mix                                  | 1/2 cup mayonnaise                          |
| 1 (15 oz) can black beans, drained and rinsed                            | 1/2 cup sour cream                          |
| 1 1/2 cups frozen corn, thawed and drained, divided (from 1 [10 oz] bag) | 1/4 cup fresh lime juice                    |
| 1 cup finely chopped red bell pepper                                     | 3 tablespoons canned adobo sauce            |
| 1/2 cup fresh cilantro, finely chopped                                   | 1 tablespoon taco seasoning mix             |
| 1/4 cup seeded and finely chopped jalapeno                               | 2 teaspoons kosher salt                     |
|  | 1 teaspoon ground cumin                     |
|  | 1/4 cup thinly sliced scallions for garnish |
|  | 1 Lime, sliced for serving                  |

### Instructions:

Gather all the ingredients.

In a large bowl, toss coleslaw mix, black beans, corn, red bell pepper, cilantro, and jalapeno until well combined.

Whisk together mayonnaise, sour cream, lime juice, adobo sauce, taco seasoning mix, salt, cumin, and paprika until smooth and evenly combined.

Pour dressing over prepared coleslaw mixture. Toss until well combined.

Garnish with scallions and serve with lime wedges. Serve immediately or cover and refrigerate for up to 12 hours.

### Nutritional Information

Serving Size: 6 servings • Calories: 418

[www.allrecipes.com/cowboy-coleslaw-recipe-8653154](http://www.allrecipes.com/cowboy-coleslaw-recipe-8653154)



## Best Eton Mess

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|----------------------------|----------------------------------|
| 2 cups heavy cream         | 2 cups sliced fresh strawberries |
| 2 tablespoons white sugar  | 1 teaspoon balsamic vinegar      |
| 1 teaspoon vanilla extract | 1 teaspoon rose water (optional) |
| 2 cups fresh raspberries   | 8 small plain meringue cookies   |

### Instructions:

Beat cream in a chilled glass or metal bowl with an electric mixer until frothy. Add 1 tablespoon sugar and vanilla extract gradually, continuing to beat until stiff peaks form. Keep cream chilled in the refrigerator.

Combine 1/2 of the raspberries, 1/2 of the strawberries, remaining 1 tablespoon sugar, and balsamic vinegar in a bowl; mash berries with a fork and chill in the refrigerator until ready to serve.

To serve, combine mashed fruit and cream in a bowl. Add the remaining strawberries, raspberries, and rose water; fold everything together.

Place your meringues in a bowl and break them up into a mix of small and big chunks for a variation in texture.

Layer meringues and cream mixture into dessert bowls or glasses and serve immediately.

### Nutritional Information

Serving Size: 8 servings • Calories: 396

[www.allrecipes.com/best-eton-mess-recipe-8641184](http://www.allrecipes.com/best-eton-mess-recipe-8641184)