

Elena Carolina Gilbert was born July 6, 1928 and raised in Belen, New Mexico. She married Jose Epifanio Chavez of Lemitar, New Mexico, after he returned from serving in the US Navy during WWII. Jose and Elena grew up in traditional New Mexican homes rich with New Mexico's Hispanic heritage both on the ranch and in small twentieth century towns speaking both Spanish and English. She raised three children in traditional New Mexican homes ranging from Santa Fe in the north, Las Cruces in the south, then Albuquerque the largest city. Over the years Helen perfected all the traditional New Mexican food dishes she grew up with, and that her children all grew to love and expect from Elena. Those basic New Mexican meals also known as Mexican Food are the same recipes that have been passed down from all of the founding New Mexico families who arrived with Don Juan de Oñate in 1598. Those Traditional dishes are preserved for all to enjoy in the recipes she is sharing herein.