



5  
EASY  
Guatemalan  
RECIPES

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# HEALTHY MEATBALL SOUP

## SOPA DE ALBONDIGAS

### INGREDIENTS

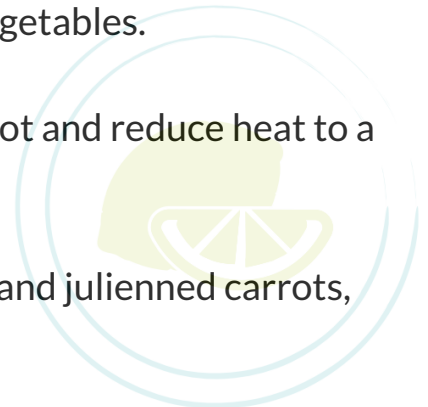
- 1 tbsp vegetable oil
- 1 small tomato (chopped, with seeds and liquid removed)
- 1 small onion (chopped)
- 1 pound lean ground beef
- 10 mint leaves (chopped, reserve 1 tbsp for garnish)
- cilantro (chop a generous handful, reserve 1 tbsp for garnish)
- 1 egg (beaten)
- 1/2 cup soft breadcrumbs toasted
- 1/2 tsp salt
- 1/2 tsp pepper
- 6 cups beef broth (homemade or Campbell's low sodium, ready to use beef broth recommended)
- 1 huiquil (cut into quarters, also known as chayote)
- 1 cup carrot (julienned)
- 4 large eggs



Serve over rice, with salsa, or with avocado!

### DIRECTIONS

1. Heat vegetable oil in a skillet over medium high heat. Fry the tomato and onion until softened, but not browned. Allow to cool to room temperature.
2. Mix the softened vegetables with the ground beef, mint, cilantro, egg, bread crumbs, salt, and pepper. Allow it to cool in the refrigerator while you slice the vegetables.
3. Form meat mixture into small, firm meatballs.
4. Meanwhile, bring beef broth to boil in a large Dutch Oven or soup pot and reduce heat to a simmer.
5. Drop meatballs gently, one at a time, into the simmering broth.
6. When the meatballs have floated to the top, add the sliced huiquil and julienned carrots, and simmer until the vegetables are tender.
7. Sprinkle with reserved cilantro and mint.







## GUATEMALAN BLACK BEAN SOUP

### SOPA DE FRIJOL

#### INGREDIENTS

- 1 pound dried turtle beans
- 10 cups water
- 4 cloves garlic
- 1 onion medium

#### Toppings

- 6 tbsp sour cream or Mexican crema
- 6 tbsp cilantro finely chopped
- 6 tbsp Queso de Zacapa or Mexican cotija or feta crumbled

#### DIRECTIONS

1. Rinse the beans well. You don't need to soak them overnight.
2. Simmer the beans with the garlic, onions and salt in water until tender but not mushy (about 1 ½ hours).
3. Remove the garlic cloves from the soup, reserving one clove. Puree half of the beans with the one clove of reserved garlic in a blender (or use an immersion blender) and add back into the pot.
4. Add more water if needed to reach desired consistency of soup. Reheat until warm.

6. Top each bowl with swirl of crema, the chopped cilantro and sprinkle of cotija (or feta) cheese.

7. Serve with a wedge of fresh lime and slices of avocado.

#### RECIPE NOTES

- Don't be tempted to cut corners and use canned beans
- One of the most popular variations of traditional Guatemalan black bean soup is the addition of chicharron (crispy fried pork rinds) into each bowl of soup prior to serving. This adds a burst of salty, smoky flavour that's really delicious.
- If you don't like cilantro, then you can substitute an equal amount of thinly sliced green onion.
- Good substitutes for Guatemalan Queso de Zacapa which is a strong-flavoured, salty, aged dry cheese include Mexican cotija cheese, Greek feta or even parmesan cheese.





# CHICKEN AND TOMATILLO STEW JOCÓN DE POLLO

## INGREDIENTS

- 3 pounds chicken pieces whole chicken cut into serving pieces
- 4 cups water or chicken broth
- 1 tsp salt
- 1/4 cup pumpkin seeds known as pepitas in Latin America shelled
- 1/4 cup sesame seeds
- 2 whole corn tortillas fresh, soaked in water and torn in pieces
- 2 cups tomatillos hulled or substitute
- 16 ounces canned tomatillos (drained and rinsed)
- 1/2 cup cilantro fresh, chopped
- 1/2 cup scallions fresh, chopped
- 1/2 cup mint fresh, chopped (hierbabuena variety of mint)
- 1 jalapeno pepper seeded and chopped

## DIRECTIONS

1. Remove the chicken and set aside in a bowl. Strain the broth and reserve the liquid, discarding any solids.
2. Bring a dry cast iron skillet or comal to a high temperature. Add the pumpkin seeds and then sesame seeds toasting them until brown.
3. Grind the seeds in a spice or coffee grinder or in a blender/food processor until very fine.
4. Add the pepitoria (ground seeds), tomatillos, soaked and shredded corn tortillas, cilantro, mint, scallions and chile pepper to a food processor. Add one cup of water and process until silky smooth.
5. Return the chicken to the cooking pot. Pour the green sauce over the chicken and add remaining 3 cups of water, stirring to mix well.
6. Simmer for 20 more minutes. Adjust seasoning and then serve.





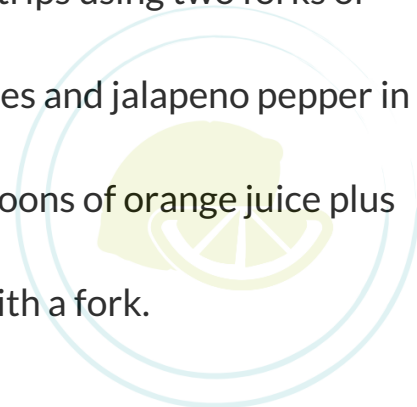
## BEEF AND MINT SALAD SALPICÓN DE RES

### INGREDIENTS

- 2-3 pound blade roast
- 6 cups beef stock or water
- 8 stalks fresh mint or hierba buena
- 2 limes
- 3 tbsp orange juice (preferably bitter orange or naranja agria)
- 1 large onion
- 1 jalapeno pepper
- 4 tomatoes
- 1 bunch radishes
- 5 stalks fresh cilantro
- salt and pepper to taste

### DIRECTIONS

1. Brown the beef and place it in a Dutch Oven with water and cook it for 3 hours until tender.
2. Remove the seeds and pulp and then dice the tomatoes finely.
3. Mince the onion very finely with a knife, not a food processor.
4. Remove the mint leaves from the stalks and chop them finely along with the cilantro and radishes (if using. Discard the stems. Remove the seeds and interior of the jalapeno pepper and mince the pepper into tiny pieces.
5. Once the meat has cooled, remove any fat and shred the meat into strips using two forks or your fingers. Then dice the meat into small pieces.
6. Combine the meat and chopped mint, cilantro, onion, tomato, radishes and jalapeno pepper in a large non-metallic bowl.
7. In a separate bowl, combine the lime juice from two limes, 3 Tablespoons of orange juice plus salt and pepper.
8. Pour the lime juice mixture over the meat mixture and toss lightly with a fork.
9. Chill in the refrigerator for 30 minutes or more and then serve.
10. Garnish with sprigs of cilantro or slices of avocado.







# SEAFOOD SOUP WITH COCONUT MILK

## TAPADO

### INGREDIENTS

- 1 tbsp garlic clove
- 1 tsp jalapeno
- Small handful cilantro
- 1/2 red bell pepper
- 2 Roma tomatoes, seeded and peeled
- 1/2 onion
- 1 tbsp vegetable oil
- 2 cups water vegetable or seafood stock
- 1 cup yuca chopped in bite-sized pieces
- 2 plantains sliced on diagonal
- 1 green banana sliced on diagonal
- 1/2 can coconut milk
- 20 raw shrimp, peeled and deveined, with tails on
- 2 Caribbean lobster tails, if available or mixed seafood of your choice
- 4 filets white fish or you can fry a whole fish
- 1/4 tsp achiote
- Hot Pepper sauce

### DIRECTIONS

1. Chop the first six ingredients in a food processor.
2. Place the vegetable oil in the bottom of a large soup pot. Saute the chopped vegetables in oil until soft and saucy, but not browned.
3. Dissolve the achiote in warm water (or seafood stock). Add water and achiote to sauteed vegetables. Pour the coconut milk into the broth and vegetables.
4. Heat until simmering and add the sliced plantain, green banana and yuca. Cook for around 10 minutes.
5. Add seafood and simmer for another 5-10 minutes until vegetables and seafood is tender but not mushy.
6. Season with salt and fresh ground pepper to taste.
7. Serve with white rice, tortillas and hot pepper sauce.

