

Praying in Solidarity with Women of Latin America

Soup Recipes

Donde come uno, comen dos. Where one eats, two can eat.
Columbian proverb

These recipes are from *Extending the Table: A World Community Cookbook*, by Joetta Handrich Schlabach, 1991. The cookbook was commissioned by Mennonite Central Committee, Akron PA to promote global understanding and celebrate the variety of world cultures. *Extending the Table* presents recipes and stories of people around the world. Many of them live with few material resources, yet they share gifts which point us toward a different and freer way of life.

The stories and recipes help us enter into the lives and situations of these people and to be changed by them in significant ways. Food is a medium of communication, but it is more: in a mysterious way, it is part of the message, as Jesus so vividly portrayed in the breaking of bread and the distribution of the cup.

Harvest Stew (Chile)

Porotos Granados a la Chilena
(poh-RON-tahsss grah-NAH-dohss ah lah chee-LAY-nah)
Serves 6

For many Chileans, this end-of-summer celebration dish symbolizes the joys of rural living and producing one's own food. Most of the ingredients are homegrown. The mother prepares the meal with the help of the older daughters and does not eat until everyone has finished.

Option: Serve with a simple tomato salad: Combine 2 cups sliced or chopped tomatoes and 1 cup of chopped onions; oil and salt to taste

In a large saucepan, sauté in 3 tablespoons oil:
1 large onion, finely chopped
1 clove garlic, finely chopped
1 teaspoon chili powder
2 hot green chili peppers, finely chopped
Salt, pepper, oregano to taste

Add:
1-1/2 cups fresh or canned tomatoes, chopped
2 cups pumpkin or winter squash, peeled and cubed
2 cups fresh, frozen or canned corn

Cook until tender.

Add:
2 cup white beans, cooked
Simmer at least 30 minutes. The soup will be thick and chunky, with a mild spicy flavor.
Option: Substitute canned pumpkin for fresh pumpkin. Soup will be less chunky.

Bean Soup with Eggs (Nicaragua)

Sopa de Frijoles (SOH-pah day free-HOH-laysss)
Serves 4-6

For Nicaraguans, Sopa de Frijoles is the first meal from a pot of freshly cooked beans. Remaining beans are reserved and served later with rice.

Option: Instead of cooking eggs in soup, chop hard-cooked eggs and sprinkle over soup. Instead of stirring sour cream into soup, add a dab of sour cream or yogurt to each bowl at the table.

Combine in large saucepan or pressure cooker (this provides more beans for use in other recipes. 1 cup dried beans yields 2 1/2 cups cooked beans):

1 lb. black or red beans, presoaked
2 qt. water
1 teaspoon salt
3-4 cloves garlic, peeled

Cook until beans are tender.

Remove beans from saucepan or pressure cooker. Return 2-3 cups beans to broth along with:

1 tablespoon margarine
1/2 cup green pepper, chopped
Salt to taste
2 tablespoons cilantro leaves, chopped (optional)
1/2 cup milk (optional)
1/4 cup sour cream (optional)

Bring soup to a boil and carefully break in:

4-5 eggs (1 per person)

Cook over medium heat without stirring until eggs are cooked. Dish into bowls, placing one egg in each bowl. Serve with tortillas and a salad.

Highland Broth (Guatemala)

Caldo (CAHL-doh)

Serves 4-5

Caldo (broth) originated in the Mayan Indian communities of Guatemala, where it is still served for special guests and occasions like corn plantings and birthdays. Today it is also popular among Spanish speaking Guatemalans and is served in fine restaurants.

Cook slowly 2-3 hours in large saucepan:

- 1 chicken, cut into pieces or 2 lbs stew beef, cubed
- 3 quarts water
- 3 tomatoes, chopped
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 bunch cilantro or handful of mint leaves
- 1 teaspoon chili powder
- 2-3 teaspoons salt

Debone chicken and set aside. To serve, fill bowls with hot broth and place a few pieces of chicken or beef in each. Serve with tortillas, cooked rice (which can be added to soup) and a cooked vegetable.

Barley Soup (Columbia)

Sopa de Cebada

(SOH – pah day say-Vah-dah)

Serves 4-6

Columbians often make this with a cow's tail instead of stewing beef.

Cut in small pieces:

- 1 lb. stewing beef

Boil in 6 cups water with 1 beef bouillon cube until meat is tender.

Skim fat, then add:

- ¼ cup pear barley
- 2 large onions, chopped
- 1 cup peas, fresh or frozen
- 2 carrots, chopped
- 1 cup celery, chopped
- 1 tablespoon vinegar

Add:

- Salt and pepper to taste.

Juliana Soup – Guatemala

Sopa de Juliana (SOH-pah day who-LYAH-nah)

Serves 6

Carmen de Marin, a middle-income Guatemalan homemaker, created this recipe in response to the worsening economic situation and rising inflation in her country. Instead of zucchini, she uses wiskel and quicoy, local squash varieties.

Chop in small pieces and set aside:

- 1 turnip
- 4 medium carrots
- 2 small zucchini or yellow squash
- ¼ head cabbage
- 3 potatoes

Fry in large saucepan in 2 tablespoons oil:

- 1 leek or medium onion, chopped
- Dash of pepper
- Pinch of ground turmeric

Add:

- Chopped vegetables
- 1 cup corn
- 1 quart chicken broth or 2 bouillon cubes and equivalent water
- 1 cup cooked chicken pieces (optional)

Bring to a boil. Simmer until vegetables are tender. Season with salt to taste.

Peanut Vegetable Soup (Bolivia)

Sopa de Mani (SOH-pah day mah-NEE)

Serves 8

Sopa de Mani is the standard first-course dish at many Bolivian celebrations. It is typically garnished with French-fried potatoes, made a bit shorter and thinner than North American-style fries.

Grind into very fine pieces:

- 2 cups skinless raw peanuts

Put in large pot:

- Peanuts
- 2 quarts chicken broth or 2 quarts water with 2 chicken bouillon cubes
- 1 large onion, diced
- 4 large potatoes, diced
- 4 carrots, diced

Cook 30 minutes.

Add:

- ¼ cup uncooked rice
- 1 cup peas

Cook 15 minutes.

Serve hot, garnishing each bowl of soup with:

- Fresh parsley, chopped
- French-fried potatoes (optional)