

South American Recipes

Brazilian Black Bean Stew

1 (12 ounce) package dry black beans, soaked overnight	1½ cups chopped onion, divided
½ cup green onions, chopped	1 clove garlic, chopped
8 ounces diced ham	½ pound sliced bacon, diced
1 tablespoon olive oil	1/8 teaspoon coriander
Salt and pepper to taste	1 orange, seeded

Heat the oil in a large saucepan. Add ¾ cup chopped onion, green onions, and garlic; cook and stir until softened, about 4 minutes. Pour in the soaked beans and fill with enough water to cover beans by 3 inches. Bring to a boil, then reduce heat to medium low and simmer uncovered for 2 hours or until tender. While beans are cooking, preheat oven to 375 degrees. Place ham, bacon and remaining onion in a baking dish. Bake 15 minutes or until mixture is crispy. Drain the bacon and ham mixture and add to the beans. Season with coriander, salt and pepper. Simmer uncovered 30 minutes more. Makes 8 servings. This is excellent served over brown rice.

Each serving provides 405 calories, 26 grams protein, 31 grams carbohydrate, 19 grams fat, 664 milligrams sodium, 8 grams fiber.

South American Hot Chocolate

¼ cup sugar	¼ cup cocoa powder
2 tablespoons chili powder	1 cup water
1 red bell pepper, seeded and sliced into strips	2 cups milk

In a saucepan over low heat, stir together the sugar, cocoa powder and chili powder. Cook and stir for 5 minutes. Add water and bell pepper strips and mix well. Bring to a simmer and stir in milk. When the mixture is heated, remove the pepper strips and serve. Makes 4 servings.

Each serving provides 165 calories, 6 grams protein, 25 grams carbohydrate, 4 grams fat, 92 milligrams sodium, 4 grams fiber.

Columbian Ahuyama Soup

2 tablespoons butter	1 onion, chopped
2 cloves garlic, minced	½ teaspoon curry powder
¼ teaspoon red pepper flakes	4 ½ quarts chicken broth
2 ½ pounds butternut squash, peeled and cubed	¼ teaspoon ground nutmeg
1 teaspoon Worcestershire sauce	1 tablespoon creamy peanut butter
½ cup light cream	

Melt the butter in a large pot over medium heat. Stir in the onion, garlic, curry powder and red pepper flakes. Cook until the onion has turned translucent, 5 to 8 minutes. Stir in the chicken broth and squash into the onion mixture. Simmer the soup over medium heat until the squash is tender when pierced with a fork, about 20 minutes. Turn off the heat, and stir in the nutmeg, Worcestershire sauce, and peanut butter. Transfer the mixture in batches to a blend or food processor; blend until smooth. Slowly pour in the cream. Reheat soup if necessary, but do not boil. Makes 10 servings

Each serving provides 107 calories, 2 grams protein, 15 grams carbohydrate, 5 grams fat, 38 milligrams sodium, 3 grams fiber.

Tropical Fruit Smoothie

1 mango, peeled and seeded	1 papaya, peeled and seeded
½ cup fresh strawberries	1/3 cup orange juice
5 ice cubes	

Place all ingredients in blender. Process until smooth. Makes 2 servings.

Each serving provides 129 calories, 2 grams protein, 32 grams carbohydrate, .6 gram fat, 7 milligram sodium, 4 grams fiber.

Mango Papaya Salsa

1 mango, peeled, seeded and diced	1 papaya, peeled, seeded and diced
1 red bell pepper, seeded and diced	1 avocado, peeled, pitted and diced
1/2 sweet onion, peeled and diced	2 tablespoons chopped fresh cilantro
2 tablespoons vinegar	Salt and pepper to taste

In medium bowl, mix all ingredients and toss lightly. Cover and chill in the refrigerator at least 30 minutes before serving. Makes 8 servings

Each serving provides 77 calories, 1 gram protein, 11 grams carbohydrate, 4 grams fat, 5 milligrams sodium, 3 grams fiber.

Bean and Corn Salad (Empedreado)

1 cup cooked garbanzo beans	1 cup cooked black beans
1 cup cooked pinto beans	1 cup cooked corn
½ red bell pepper, chopped	¼ cup chopped fresh chives
¼ cup chopped fresh parsley	¼ cup chopped red onion
1 clove garlic, minced	3 tablespoons olive oil
1 tablespoon vinegar	Salt and Pepper to taste

In a large bowl, mix all ingredients, tossing lightly. Makes 4 large servings.

Each serving provides 326 calories, 12 grams protein, 46 grams carbohydrate, 12 grams fat, 408 milligrams sodium, 12 grams fiber.

Jicama Mango Slaw

2 mangos, peeled and cut into matchstick pieces	1 carrot, cut into matchstick slices
½ large jicama, peeled and cut into matchstick slices	1 tablespoon vinegar
1 tablespoon lime juice	1 teaspoon sugar
1 tablespoon olive oil	1 tablespoon minced fresh mint
1 teaspoon lime zest	

Combine all ingredients in large bowl, mixing well. Chill at least 30 minutes before serving. Makes 6 servings.

Each serving provides 114 calories, 1 gram protein, 23 grams carbohydrate, 3 grams fat, 15 milligrams sodium, 7 grams fiber.

Brazilian Collards

½ pound peppered bacon, diced	1 onion, chopped
2 pounds collard greens, rinsed, stemmed and torn into pieces	
1 cup chicken broth	1 teaspoon cayenne pepper
2 tablespoons vinegar	

Place bacon in a large pot over medium high heat. Cook until browned and most of the grease has been released. Stir in onion and cook until tender, about 4 minutes. Drain off half of the bacon fat. Place collards into the pot and stir to coat with the bacon drippings. Pour in the chicken broth. Season with cayenne pepper. Reduce heat to low and cook for 1 hour. Stir in vinegar. Continue cooking 15 minutes or until liquid is reduced to about half. Makes 6 servings

Each serving provides 269 calories, 15 grams protein, 10 grams carbohydrate, 19 grams fat, 744 milligrams sodium, 5 grams fiber.

Leche Asada

1 quart milk	1 lemon, zest cut off in ½ inch wide strips
2 cinnamon sticks	4 eggs
½ cup sugar	

Preheat oven to 350 degrees. Pour the milk into a saucepan along with the lemon zest and cinnamon sticks. Bring to a simmer over medium high heat, then reduce heat to low and cook for 5 minutes. Turn heat off, and allow to steep for 15 minutes. Gently beat eggs and sugar together, until the sugar has dissolved. Slowly beat in 1 cup of the hot milk, a little at a time, into the egg until it has been incorporated. Stir the egg mixture back into the hot milk, and mix until well combined. Remove the lemon zest and cinnamon sticks. Pour the milk/egg mixture into a baking dish. Baked in preheated oven until set, and browned on top, about 30 minutes. Chill before serving. Makes 6 servings.

Each serving provides 258 calories, 9 grams protein, 25 grams carbohydrate, 9 grams fat, 112 milligrams sodium, .7 gram fiber.

Quinoa and Black Beans

1 teaspoon vegetable oil	1 onion, chopped
2 cloves garlic, peeled and chopped	¾ cup uncooked quinoa
1 ½ cups broth	1 teaspoon ground cumin
¼ teaspoon cayenne pepper	Salt and pepper to taste
1 cup frozen corn kernels	2 (15 ounce) cans black beans, rinsed and drained
½ cup fresh chopped cilantro	

Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until golden brown. Mix quinoa into the saucepan and cover with broth. Season with cumin, cayenne pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer for 20 minutes. Stir frozen corn into the pan and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro. Makes 10 servings

Each serving provides 153 calories, 8 grams protein, 28 grams carbohydrate, 2 grams fat, 517 milligrams sodium, 8 grams fiber.

Colombian Turmada Potatoes

6 large potatoes, peeled and sliced	2 tablespoons vegetable oil
6 links pork sausage, sliced	¼ cup diced white onion
¼ cup chopped green onion	½ cup diced fresh tomato
1 teaspoon ground cumin	½ teaspoon ground thyme
Salt and pepper to taste	3 slices sandwich bread, cut into 1 inch cubes
½ cup milk	1 cup shredded mozzarella cheese
1 cup grated Parmesan cheese	2 tablespoons vegetable oil
6 hard boiled eggs, sliced	

Preheat the oven to 350 degrees. Grease a 9 x 13 inch baking dish. Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium low; cover and simmer until tender, about 20 minutes. Drain. Heat the vegetable oil in a large skillet over medium heat; cook the sausage in the oil for 5 minutes. Add the white onions and green onions and cook another 5 minutes. Stir in the tomato, cumin and thyme. Season with salt and pepper. Reduce heat to low and simmer 10 minutes. Place the bread cubes in a bowl; pour the milk over the bread making sure to wet each piece. Arrange about half of the potato slices into the bottom of the prepared baking dish. Spread the sausage mixture over the potatoes. Top with succeeding layers of the sliced eggs; about half of the moistened bread, the mozzarella cheese, the remaining potato slices, the remaining moistened bread, and finally the Parmesan cheese. Bake in the preheated oven until heated completely, about 30 minutes. Makes 6 servings.

Each serving provides 645 calories, 27 grams protein, 77 grams carbohydrate, 26 grams fat, 1531 milligrams sodium, 7 grams fiber.