

RECIPE: SALVADORAN BEEF SOUP

SERVES: 6-8 PREP TIME: 20 mins COOK TIME: 2 hrs TOTAL TIME: 2 hrs 20 mins

INGREDIENTS:

- 2 to 3 pounds of beef bone
- 1 pound of beef (preferably chuck)
- Parsley, cilantro, celery, and mint
- 1 cassava, peeled and cut into chunks
- 2 chayote, cut into chunks
- 3 carrots, cut into small chunks
- 2 cobs of corn, cut into chunks
- ½ cabbage, cut into wedges
- 2 ripe plantains, peeled (optional)
- 2 tomatoes, chopped
- 1 onion, chopped
- 1 green chili, chopped
- 4 garlic cloves, minced
- 2 squash or zucchini, cut into 1-inch pieces
- 3 quarts of water
- Salt

INSTRUCTIONS:

- Add water, beef, and beef bone into a large pot, half-covered on high heat. Let it cook for 30 minutes. As it simmers, remove any excess fat from the surface of the water.
- At the 30-minute mark, add the tomatoes, green chili, garlic and onions. Add 1 tablespoon of salt.
- Cover and let it cook for another 30 minutes. Add water as needed.
- Then, add the cassava to the pot. After 10 minutes, once the cassava begins to soften, add the herbs and the other vegetables, except for the squash and cabbage.
- Let it cook for 35 minutes.
- Add the cabbage. Let it cook for another 10 minutes.
- Season with salt to taste, then serve.

