



THE NEW SPANISH COOKBOOK

Discover Delicious
Spanish Recipes
in an Easy Latin
Cookbook

The New Spanish Cookbook

Discover Delicious Spanish Recipes in an
Easy Latin Cookbook

By
BookSumo Press
All rights reserved

Published by
<http://www.booksumo.com>

**ENJOY THE RECIPES?
KEEP ON COOKING
WITH 6 MORE FREE
COOKBOOKS!**



Visit our website and simply enter your email address to join the club and receive your 6 cookbooks.

<http://booksumo.com/magnet>

 <https://www.instagram.com/booksumopress/>

 <https://www.facebook.com/booksumo/>



LEGAL NOTES

All Rights Reserved. No Part Of This Book May Be Reproduced Or Transmitted In Any Form Or By Any Means. Photocopying, Posting Online, And / Or Digital Copying Is Strictly Prohibited Unless Written Permission Is Granted By The Book's Publishing Company. Limited Use Of The Book's Text Is Permitted For Use In Reviews Written For The Public.



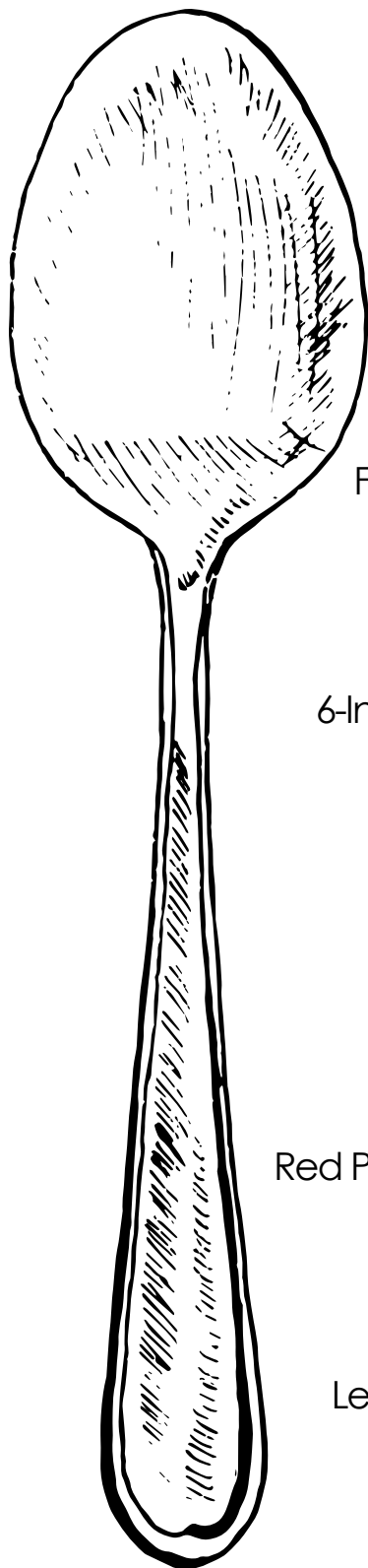


Table of Contents

cuban Mushroom Skillet	9
Authentic Bean Soup	12
Isabella's Mojo	13
Bistec Frito	14
Authentic Arroz Gandules	15
Papaya Slush	16
Cuban Fritters	17
Corn and Black Bean Dip	18
Olive Mojo	19
Black Cakes with Tropical Rice	20
Carmen's Avocado Boats	24
Rice and Beans Cuban Style	25
Alternative Chicken and Rice	26
Latin Crab Salad	27
Cuban Dinner Rolls	28
Handmade Refried Beans	29
Pollo con Ajo	30
Cuban Jerk Chicken	31
Cuban Crock Pot	32

Authentic Flan	33
Classic Cuban Turkey Sandwich	36
Cuban Tan Bread	37
Sofrito Steak with Capers Sauce	38
Yucca Salad with Lemon Dressing	39
Cuban Meat Marinade	40
Cotija Corn with Garlic Butter	41
Picante Salsa	42
Instant Brown Cuban Bread	43
Guava Danishes	44
Chimichurri Mediterranean	45
Chimichurri Aioli Glazed Tilapia	48
Argentinian x Mexico Bake	49
Chipotle Parsley Halibut	50
Chimichurri Lettuce Appetizers	51
Catfish Córdoba	52
Chimichurri Tilapia Cookout	53
Italian Tomato Chimichurri	54
Cinnamon Cayenne Rib Eye Clásico	55
Argentinian Oatmeal Fries	56
Orzo Calabasas	57





- Ginger Honey Glazed Kebabs 60
- Chiang Mai x Houston Chimichurri 62
- Chimichurri Shrimp 63
- Country Sirloin Argentinian 64
- Burgers Brasileiro 65
- Chimichurri Route-66 67
- Fish with Tropical Mango Chimichurri 68
- American-Mesa Chimichurri 69
- Chimichurri Havana 72
- 6-Ingredient Steak with Mock Chimichurri 73
- Roasted Peppermint Roast 74
- Eliza's Chimichurri 75
- Buenos Aires Brisket 76
- Picnic Chimichurri 78
- Manhattan Strip Steaks 79
- Red Pepper Rib-Eye with Balsamic Chimichurri 80
- Cumin Coriander Flank Steak 81
- Rosario Chimichurri 84
- Lemon Lime Skirt Steak with Chimichurri 85
- Coconut Shrimp Pot 86
- Mushrooms Brasileiro 87

Bananas Assadas Quentes	88
Tropical Mango Stew	89
Ensalada de Papas I	90
Onion Salad South American	91
How to Roast Brazilian Nuts	92
Chipotle Beans Stew with Rice	93
Salvador Chicken Stew	96
Spicy Pink Shrimp	97
Brazilian Sausage	98
Potato Salad Brazilian II	99
Brasileiro Skirts	100
Habanero Rice	101
Ambrosia Pudding	102
Brasileiro Flank	103
Lime Glazed Sirloin	104
Goya Recaito and Seafood Stew	105
Caramelized Bananas	108
Spanish Rice Fritters	109
Mushroom Stroganoff South American	110
Bananas do Amor	111
Latin Tip Roast	112



Camarão de Coco 113

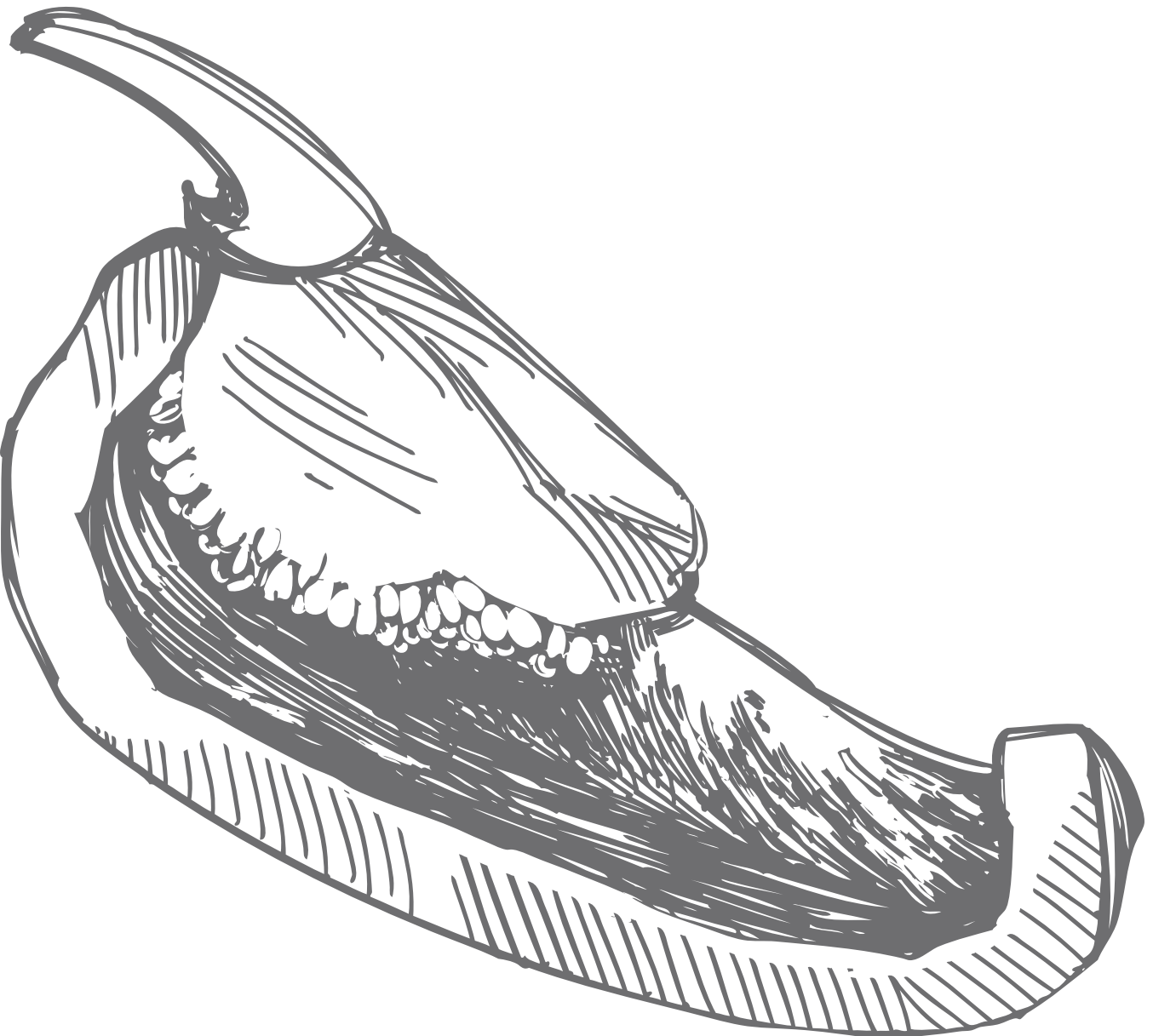
Carrot Cake with Cocoa Glaze 114

How to Grill a Steak Brazilian Street Style 115

Caribbean Tilapia Stew 116

Rice Apple Shrimp Salad 117

Brazilian Long Grain II 118



Cuban Mushroom Skillet



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 193.1

Fat 7.7g

Cholesterol 0.0mg

Sodium 307.0mg

Carbohydrates 28.0g

Protein 5.8g

Ingredients

- 3 tsp olive oil
- 1 C. thinly sliced red bell pepper
- 1 C. thinly sliced yellow bell pepper
- 1 C. thinly sliced orange bell pepper
- 1 1/2 C. vertically sliced sweet onions (Vidalia)
- 2 C. button mushrooms, thinly sliced
- 1 tsp minced garlic
- 1/2 tsp dried rosemary
- 1/4 tsp salt
- 1/4 tsp fresh ground black pepper

Directions

1. Place a pan over medium heat. Heat in it the oil. Cook in it the bell peppers with mushroom and onion for 14 to 16 min.
2. Stir in the garlic with rosemary, a pinch of salt and pepper. Let them cook for 3 min.
3. Serve your veggies salsa warm as a side dish or with some rice.
4. Enjoy.





AUTHENTIC Bean Soup



Prep Time: 15 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 8

Calories 137.8

Fat 7.0g

Cholesterol 0.0mg

Sodium 67.3mg

Carbohydrates 16.6g

Protein 3.3g



Ingredients

1 C. navy beans, soaked and drained	saffron thread
2 1/2 quarts water	salt and pepper
1 bay leaf	1/2 tsp cumin
1/4 C. olive oil	1 C. cabbage, shredded
2 cloves garlic, chopped	1 C. butternut squash, diced
1 medium onion, chopped	2 tbsp fresh parsley, chopped
2 C. tomatoes, chopped	
1 medium potato, diced	

Directions

1. Place a large saucepan over medium heat. Stir in it the beans with water, bay leaf and a pinch of salt.
2. Let them cook for 1 h 15 min over low heat.
3. Place a pan over medium heat. Heat in it the oil. Sauté in it the garlic with onion for 7 min.
4. Stir in the tomato and let them cook for 12 min to make the sauce.
5. Add the tomato sauce with potato, saffron, salt, pepper, cumin, cabbage, squash, a pinch of salt and pepper.
6. Let them cook for 35 min over low heat while adding more water if needed.
7. Serve your beans soup hot.
8. Enjoy.

Isabella's Mojo

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 1

Calories	279.8
Fat	22.2g
Cholesterol	0.0mg
Sodium	943.6mg
Carbohydrates	19.2g
Protein	2.0g

Ingredients

5 cloves garlic, minced
1/2 tsp salt
2 tsp dried Mexican oregano
1/2 tsp ground cumin
1/2 tsp dried thyme
1/3 C. red wine vinegar
1/3 C. orange juice

1/3 C. lime juice
2 tbsp olive oil
1/4 C. chopped fresh cilantro

Directions

1. Get a mixing bowl: Mix in it all the ingredients well.
2. Pour the marinade in a jar and seal it. Place it in the fridge until ready to use with any meat or veggies.
3. Enjoy.

BISTEC FRITO

(Fried Steaks)



Prep Time: 1 hr



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 209.5

Fat 14.3g

Cholesterol 46.1mg

Sodium 39.9mg

Carbohydrates 3.3g

Protein 16.5g

Ingredients

1 lb top round steak (cut into 6 serving size pieces)

2 garlic cloves, finely chopped

2 limes, juice of

salt & freshly ground black pepper, to taste

3 - 4 tbsp olive oil (or butter)

1 onion, chopped

3 tbsp fresh parsley, finely chopped

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Place the steak pieces between 2 wax sheets. Use a kitchen hammer to flatten them until they become 1/4 inch thick.
3. Get a mixing bowl: garlic, lime juice, salt and pepper to make the marinade.
4. Place the steak pieces in a zip lock bag. Pour over them the marinade. Seal the bag and let them sit for 2 h in the fridge.
5. Drain the steak pieces from the marinade. Reserve the marinade.
6. Place a pan over medium heat. Heat in it the oil. Cook in it the steak pieces for 3 to 5 min on each side.
7. Drain the steak pieces and place them on a serving plate. Cook the onion with the reserved marinade in the same pan for 5 min.
8. Place the steak pieces on serving plates. Spoon over it the onion.
9. Garnish them with some parsley then serve them right away.
10. Enjoy.

Authentic Arroz Gandules



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 8

Calories 464.4

Fat 1.2g

Cholesterol 0.1mg

Sodium 183.4mg

Carbohydrates 97.1g

Protein 14.5g

Ingredients

4 C. water
4 C. long grain rice, rinsed with warm water
1 (10 oz) cans pigeon peas, gandules
2 (1 oz) packages sazón goya
3 tbsp recaito
3 tbsp adobo seasoning

2 tbsp tomato paste
1 tbsp chicken bouillon granule
chopped olive (optional)

Directions

1. Place a large saucepan over medium heat.
2. Stir in it the water with peas, sazón goya, recaito, adobo seasoning, tomato paste, bouillon granule, a pinch of salt and pepper.
3. Cook them until they start boiling. Stir in the rice. Keep boiling them for 2 to 3 min.
4. Lower the heat and put on half a lid. Let them cook for 18 to 24 min until the rice is done.
5. Once the time is up, turn off the heat. Fluff the rice with a fork.
6. Let it sit for 6 min then serve it right away with some leftover meat.
7. Enjoy.

PAPAYA

Slush (Batido)



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 191.6

Fat 1.4g

Cholesterol 3.1mg

Sodium 21.0mg

Carbohydrates 46.1g

Protein 3.3g

Ingredients

1 1/2 C. crushed ice

1 C. diced seeded watermelon

2 slices watermelon

1 C. diced ripe papaya

1 tbsp sweetened condensed milk

1 - 2 tbsp sugar

1 tbsp fresh lime juice

Directions

1. Get a food processor: Place in it the ice with diced watermelon, papaya, milk, sugar and lime juice.
2. Blend them smooth. Pour the slush into serving glasses. Garnish them with watermelon slices.
3. Serve your slush right away.
4. Enjoy.

Cuban Fritters



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 30.7

Fat 1.8g

Cholesterol 78.2mg

Sodium 414.5mg

Carbohydrates 0.9g

Protein 2.4g

Ingredients

4 yellow taro root, peeled & grated
1/2 tsp onion powder
3 garlic cloves, smashed
2 tbsp parsley, chopped
vegetable oil
3 small eggs
1 tsp salt

crushed red pepper flakes, to taste
1 tsp lime juice

Directions

1. Get a mixing bowl: Beat in it the eggs until they become frothy.
2. Stir in the onion powder, garlic, parsley and salt.
3. Add the taro root and toss them to coat. Place the mixture in the fridge for at least 2 h
4. Place a pan over medium heat. Heat in it a splash of oil. Spoon mounds of the taro root mixture into the hot pan.
5. Cook the taro root cakes for 3 to 5 min on each side. Serve them with your favorite sauce.
6. Enjoy.

CORN and Black Bean Dip



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 10

Calories 169.7

Fat 3.7g

Cholesterol 0.0mg

Sodium 127.2mg

Carbohydrates 29.4g

Protein 7.6g

Ingredients

2 (16 oz) cans black beans, rinsed & drained

1 (16 oz) cans corn, drained

1/2 C. green onion, finely chopped

1/2 C. red onion, finely chopped

1/2 C. fresh cilantro, finely chopped

6 tbsp corn oil or 6 tbsp canola oil

6 tbsp fresh lime juice

1/2 C. fresh tomato, chopped

1/2 tsp salt



1/2 tsp pepper

1 1/2 tsp ground cumin

Directions

1. Get a mixing bowl: Mix in it the beans with corn, onions, cilantro, oil, lime juice, cumin, a pinch of salt and pepper.
2. Place the salsa in the fridge for an overnight.
3. Add the tomato and toss them to coat. Serve your salsa with some chips or crackers.
4. Enjoy.

Olive Mojo

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 1

Calories	187.0
Fat	18.1g
Cholesterol	0.0mg
Sodium	6.3mg
Carbohydrates	8.4g
Protein	0.7g

Ingredients

1 C. pimento stuffed olive, chopped	2 tbsp olive oil
3/4 C. cilantro, minced	
2 cloves garlic, minced	
1/2 C. freshly squeezed lime juice	

Directions

1. Get a mixing bowl: Combine in it all the ingredients.
2. Place the salsa in the fridge for at least 2 h.
3. Serve it with some crackers or chips.
4. Enjoy.

BLACK CAKES

with Tropical Rice



Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 346.1

Fat 8.8g

Cholesterol 23.5mg

Sodium 793.0mg

Carbohydrates 52.6g

Protein 14.8g

Ingredients

Rice

1 (3 1/2 oz) bags boil-in-bag long-grain rice

2 tsp butter

1 C. diced fresh pineapple

2 tbsp chopped fresh cilantro

1/4 tsp salt

Bean Cakes

2 C. rinsed drained canned black beans

1/2 tsp bottled minced garlic

1/4 tsp ground cumin

1/8 tsp salt

1 large egg white

1/2 C. shredded Monterey jack pepper cheese

1/4 C. chopped red onion

1/4 C. cornmeal

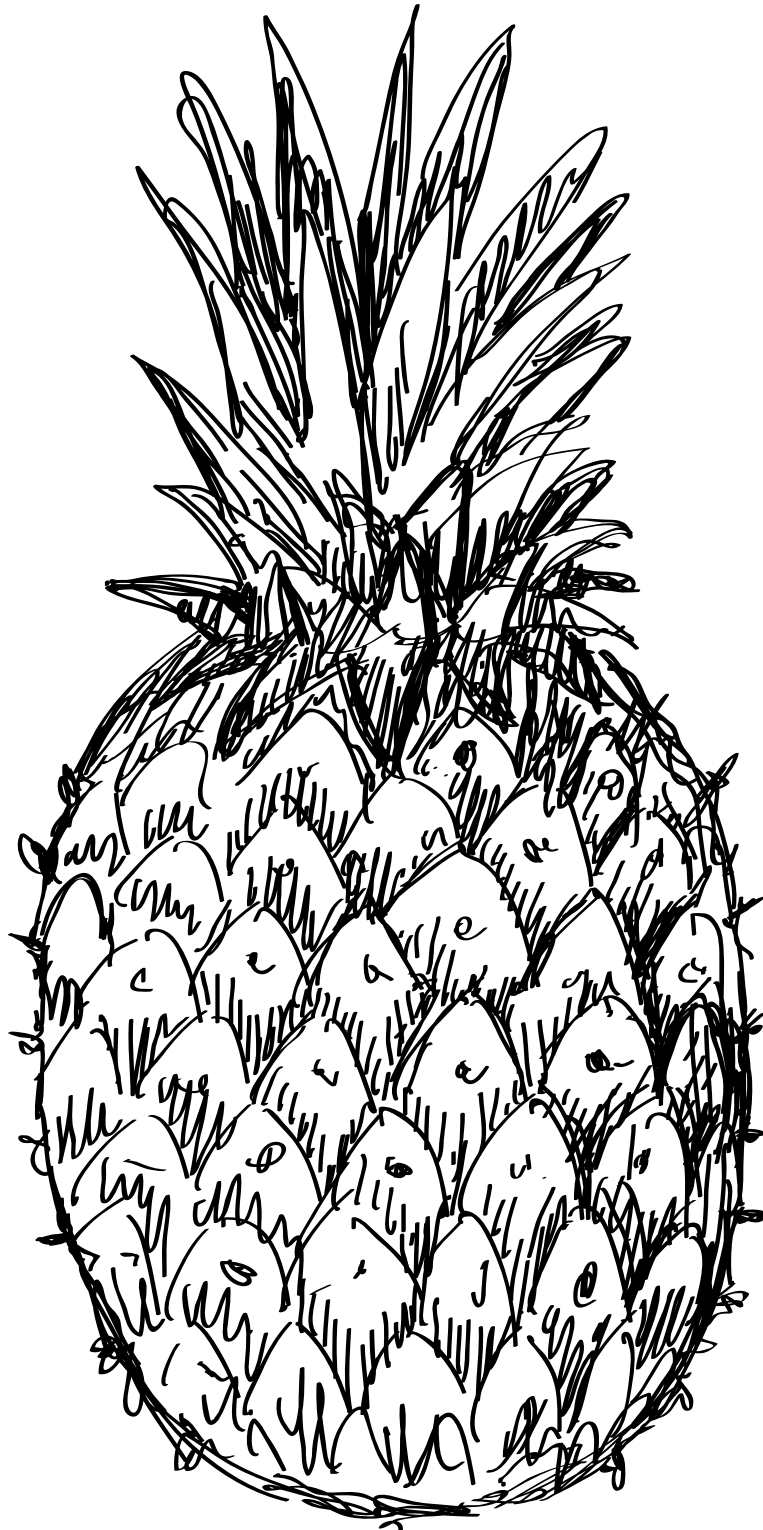
cooking spray

1/4 C. reduced-fat sour cream

Directions

1. To prepare the rice:
2. Follow the instructions on the package to cook the rice. Drain it and place it aside.
3. Place a large pan over medium heat. Heat in it the butter until it melt. Cook in it the pineapple for 5 min.
4. Add it to the rice with cilantro, and 1/4 tsp salt. Toss them to coat. Place the rice bowl aside to cool down for a while.
5. To make the bean cakes:
6. Get a mixing bowl: Combine in it 1 1/2 C. beans, garlic, cumin, and 1/8 tsp salt.
7. Use a potato masher to mash them slightly.
8. Get a blender: Combine in it 1/2 C. of the bean mixture with egg white. Blend them smooth.
9. Add the mixture to the bean mix. Combine them well. Mix in the onion with cheese.
10. Shape the mixture into 4 cakes. Roll them gently in cornmeal.

11. Place a pan over medium heat. Heat in it a splash of oil. Cook in it the bean cakes for 3 to 4 min on each side.
12. Serve your bean cakes warm with the pineapple rice.
13. Enjoy.







CARMEN'S

Avocado Boats



Prep Time: 30 mins

Total Time: 30 mins

Servings per Recipe: 8

Calories 267.7

Fat 20.2g

Cholesterol 76.0mg

Sodium 688.6mg

Carbohydrates 13.1g

Protein 11.7g



Ingredients

- 1 lb lobster meat, cooked and diced
- 1/2 C. mayonnaise
- 2 tsp olive oil
- 1 tsp vinegar
- 1 tsp salt
- 4 small avocados, peeled and halved
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 8 green olives
- 4 pimientos

Directions

1. Get a mixing bowl: Stir in it the vinegar, oil, paprika, salt and pepper.
2. Use a spoon to coat the avocado halves with the vinegar dressing. Let them sit in the fridge for few minutes.
3. Get a mixing bowl: Toss in it the mayonnaise with lobster, a pinch of salt and pepper.
4. Spoon the mixture into the avocado halves. Lay over them the pimientos with olives.
5. Serve your avocado boats right away.
6. Enjoy.

Rice and Beans Cuban Style

 Prep Time: 15 mins
 Total Time: 45 mins

Servings per Recipe: 4

Calories	298.3
Fat	7.4g
Cholesterol	0.0mg
Sodium	3.7mg
Carbohydrates	48.0g
Protein	9.4g

Ingredients

2 tbsp olive oil	1/4 tsp sugar
1/2 C. chopped onion	1 package sazón Goya
1/4 C. chopped green pepper	1 tbsp cooking wine
2 cloves of minced garlic	2 C. cooked white rice
1 (15 oz.) cans black beans	
3/4 C. water	
1 tsp oregano	

Directions

1. Place a large saucepan over medium heat. Heat in it the oil. Cook in it the green pepper with garlic and onion for 9 min.
2. Stir in the rest of the ingredients. Cook them until they start boiling.
3. Lower the heat and let them cook for 22 min. Serve your bean stew warm with some white rice.
4. Enjoy.

ALTERNATIVE Chicken and Rice



Prep Time: 10 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 767.5

Fat 15.8g

Cholesterol 75.5mg

Sodium 714.1mg

Carbohydrates 104.8g

Protein 49.1g

Ingredients

3 tbsp olive oil	2 (16 oz.) cans black beans, undrained
1 pinch crushed red pepper flakes	1 (4 oz.) jars sliced pimientos
1 large onion	salt & pepper
4 -5 cloves garlic, chopped	3 tbsp balsamic vinegar
4 boneless skinless chicken breasts, strips	3 C. chicken broth
2 tsp oregano, separated	1 1/2 C. white rice
2 tsp ground cumin, separated	

Directions

1. Place a large pan over medium heat. Heat in it the oil. Cook in it the onion with pepper flakes, and garlic for 6 min.
2. Stir in the chicken then cook them for another 6 min over medium high heat.
3. Add 1 tsp of cumin and 1 tsp of oregano. Cook them for 2 min over low heat.
4. Stir in the black beans, pimientos, remaining spices, and balsamic vinegar. Let the stew cook for 32 min over low heat.
5. Once the time is up, stir in the rice and put on the lid. Let them cook for 22 to 26 min until the rice is done.
6. Serve it warm.
7. Enjoy.

Latin Crab Salad



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 225.8

Fat 11.6g

Cholesterol 55.2mg

Sodium 1200.0mg

Carbohydrates 8.3g

Protein 21.2g

Ingredients

- 1 lb. crabmeat, fresh
- 1 tbsp Italian dressing
- 1 tsp Old Bay Seasoning
- 1/2 C. mayonnaise
- 1/4 C. red pepper, diced
- 1/4 C. celery, diced
- 1 small spring onion, minced
- 1/4 tsp celery seed
- 1/8 tsp dry mustard
- 1/8 tsp garlic powder
- 1 dash Tabasco sauce

Directions

1. Get a mixing bowl: Toss in it the crab meat with Italian seasoning. Let it sit for 60 min.
2. Get a mixing bowl: Combine in it the remaining ingredients well. Add the crab mix and stir them.
3. Place the salad in the fridge until ready to serve. Serve it with some lettuce.
4. Enjoy.

CUBAN

Dinner Rolls



Prep Time: 10 mins



Total Time: 35 mins

Servings per Recipe: 1

Calories 141.8

Fat 5.1g

Cholesterol 28.5mg

Sodium 335.1mg

Carbohydrates 20.2g

Protein 3.5g



Ingredients

- 2 C. flour
- 3 tsp baking powder
- 1 tsp salt
- 2 tbsp sugar
- 1 egg, beaten
- 1 C. milk
- 1/4 C. melted butter
- 2 garlic cloves, minced
- 1 medium onion, diced

Directions

1. Before you do anything, preheat the oven to 400 F. Grease a 12 muffin C. pan.
2. Get a mixing bowl: Combine in it the flour, baking powder, salt and sugar.
3. Get a mixing bowl: Whisk in it the milk with egg, onion and garlic. Add it to the flour mix and combine them well.
4. Pour the mixture into the greased pan. Place it in the oven and let them cook for 22 min until they muffins turn golden.
5. Allow the muffins to cool down completely. Serve them with your favorite toppings.
6. Enjoy.

Handmade Refried Beans

 Prep Time: 10 mins
 Total Time: 20 mins

Servings per Recipe: 4

Calories	284.6
Fat	16.5g
Cholesterol	6.2mg
Sodium	94.2mg
Carbohydrates	25.2g
Protein	9.9g

Ingredients

1 (15 1/2 oz.) cans small white beans	1 Spanish chorizo, fried and crumbled
1/2 medium onion, chopped	salt and pepper
2 pressed garlic cloves	
1/4 C. olive oil	

Directions

1. Place a large saucepan over medium heat. Stir in it the beans with their liquid.
2. Cook them until they start boiling. Drain it and discard the liquid.
3. Get a mixing bowl: Place in it the beans and mash it slightly with a potato masher.
4. Place a large skillet over medium heat. Cook in it the chorizo for 8 min. Discard the grease.
5. Stir the chorizo into the beans bowl.
6. Heat the oil in the same skillet. Cook the onion in it 3 min. Drain it and add it to the bowl.
7. Add the garlic and cook it for 2 min. Add to it the bean mixture. Cook them for few minutes to heat them.
8. Serve your refried beans warm with some bread.
9. Enjoy.

POLLO con Ajo



Prep Time: 1 hr 5 mins



Total Time: 2 hrs 5 mins

Servings per Recipe: 6

Calories 663.6

Fat 46.6g

Cholesterol 213.8mg

Sodium 1364.2mg

Carbohydrates 6.8g

Protein 51.0g

Ingredients

- 6 -8 lbs. whole chickens, cut into pieces
- 12 garlic cloves, chopped
- 1 C. sour orange juice
- 1 tbsp salt
- 1 tbsp white vinegar
- 1 tsp fresh ground pepper
- 1 tsp dried oregano
- 1 tsp ground cumin

Directions

1. Get a large mixing bowl: Whisk in it the garlic, sour orange juice, salt, vinegar, pepper, oregano and cumin.
2. Add the chicken pieces and toss them to coat. Cover the bowl and let it sit for 60 min in the fridge to an overnight.
3. Before you do anything else, preheat the oven to 450 F.
4. Drain the chicken pieces and lay them in a baking pan. Drizzle the remaining marinade all over them.
5. Place the chicken pan in the garlic and let it cook for 60 min while stirring it every 10 min.
6. Serve your roasted chicken wings with your favorite dipping sauce or some rice.
7. Enjoy.

Cuban Jerk Chicken



Prep Time: 7 hrs



Total Time: 7 hrs 20 mins

Servings per Recipe: 4

Calories 448.6

Fat 27.4g

Cholesterol 92.8mg

Sodium 3112.6mg

Carbohydrates 14.2g

Protein 36.4g

Ingredients

4 boneless chicken breasts
6 fluid oz. soy sauce
4 fluid oz. white wine vinegar
2 garlic cloves, chopped
1 onion, chopped
2 fluid oz. vegetable oil
2 tbsp brown sugar

1 tbsp dried thyme
1/2 tsp allspice
1/2 tsp ground cloves
1/2 tsp ground nutmeg
1 jalapeno pepper, chopped

Directions

1. Get a food blender: Combine in it all the ingredients. Blend them smooth to make the marinade.
2. Use a sharp knife to cut 4 crossed 1/4 inch slits in each chicken breast.
3. Lay them in a roasting dish. Pour over them the marinade and rub them to coat them with it.
4. Cover the pan with a plastic wrap and let it sit for an overnight in the fridge.
5. Before you do anything, preheat the grill and grease it.
6. Drain the chicken breasts from the marinade and cook them on the grill for 8 to 10 min on each side.
7. Baste the chicken breasts with the marinade every few minutes.
8. Serve your grilled chicken warm then serve it with your favorite salad.
9. Enjoy.

CUBAN Crock Pot



Prep Time: 20 mins



Total Time: 4 hrs 20 mins

Servings per Recipe: 8

Calories 293.4

Fat 14.2g

Cholesterol 91.8mg

Sodium 491.7mg

Carbohydrates 7.3g

Protein 33.1g

Ingredients

2 lbs. beef flank steak	2 garlic cloves, chopped
1 tbsp vegetable oil	1 tsp fresh cilantro, chopped
1 C. beef broth	1 tbsp olive oil
1 (8 oz.) cans tomato sauce	1 tbsp vinegar
1 (6 oz.) cans tomato paste	
1 small onion, sliced	
1 green bell pepper, seeded and sliced into strips	

Directions

1. Place a large pan over medium heat. Heat in it the oil. Cook in it the steaks for 3 to 5 min on each side.
2. Drain the steaks and place them in a slow cooker.
3. Get a mixing bowl: Whisk in it the broth, tomato sauce, tomato paste, onion, bell pepper, garlic, cilantro, olive oil and vinegar.
4. Pour the mixture all over the steaks. Put on the lid and let them cook for 4 h on high or 9 h on low.
5. Once the time is up, serve your saucy steaks warm with some rice.
6. Enjoy.

Authentic Flan



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 10

Calories 244.0

Fat 8.5g

Cholesterol 124.9mg

Sodium 97.3mg

Carbohydrates 35.3g

Protein 7.3g

Ingredients

- 1/2 C. sugar
- 1 tsp water
- 1 whole egg
- 5 egg yolks
- 1 (12 oz.) cans evaporated milk
- 1 (14 oz.) cans sweetened condensed milk
- 1/2-1 tsp vanilla extract

Directions

1. To make the caramel:
2. Place a heavy saucepan over medium heat. Stir in it the water with sugar. Let them cook over low medium heat until the sugar dissolves. Let them cook until it becomes golden brown.
3. Turn off the heat and let the caramel cool down completely.
4. To make the custard:
5. Get a mixing bowl: Beat the egg yolks with egg until they become smooth. Pour in the condensed and evaporated milk. Whisk them well. Stir in the vanilla extract.
6. Pour the caramel into a casserole dish. Swirl it to cover the base and sides of the dish with it. Let it harden.
7. Pour in the custard mixture. Cover it with a lid.
8. Place the dish in a roasting dish or a large pan. Pour around it some hot water until it reach half of it.
9. Place it in the oven and let it cook for 46 min.
10. Once the time is up, turn off the heat and let it rest for 16 min in the oven. Remove the custard dish from the pan and let it cool down completely. Garnish it with your favorite toppings then serve it.
11. Enjoy.





CLASSIC

Cuban Turkey Sandwich



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 430.9

Fat 12.3g

Cholesterol 102.1mg

Sodium 469.0mg

Carbohydrates 39.1g

Protein 38.2g

Ingredients

2 slices white bread, toasted & crusts removed

4 oz. sliced fresh cooked turkey

1 tbsp cream cheese

1 tbsp strawberry preserves

Directions

1. Lay the cream cheese over a slice of bread. Lay the strawberry preserves over the other bread slice.
2. Lay the turkey slices over one of the bread slices. Cover it with the second slice.
3. Serve your sandwich right away.
4. Enjoy.

Cuban Tan Bread



Prep Time: 1 hr 30 mins



Total Time: 2 hrs 10 mins

Servings per Recipe: 1

Calories 1243.3

Fat 6.2g

Cholesterol 93.0mg

Sodium 3547.8mg

Carbohydrates 252.1g

Protein 39.8g

Ingredients

3 packages active dry yeast
4 tsp brown sugar
2 C. water
5 -6 C. bread flour, divided
1 tbsp salt

cornmeal
1 egg
3/4 C. hot water

Directions

1. Get a mixing bowl: Stir in it the yeast, brown sugar and warm water. Let it sit for 11 min.
2. Add the salt with 3 to 4 C. of flour. Combine them until you get a soft dough.
3. Place the dough on a floured surface. Knead it for 9 to 11 min.
4. Grease a bowl and place in it the dough. Cover it with a plastic wrap. Let it rest for 46 min for 1 h.
5. Once the time is up, knead the dough for 2 min. Shape it into 2 bread loaves.
6. Sprinkle some cornmeal on a baking tray. Place in it the bread loaves and cover them with a kitchen towel.
7. Let them sit for 11 min. Use a pizza cutter to a knife to make two slashed on the top of each bread loaf.
8. Before you do anything, preheat the oven to 400 F.
9. Place the bread pan in the oven. Let them cook for 32 to 36 min until they become golden brown.
10. Allow the bread loaves to cool down completely. Serve them with whatever you desire.
11. Enjoy.

SOFRITO

Steak with Capers Sauce (Ropa Vieja)



Prep Time: 10 mins



Total Time: 2 hrs 40 mins

Servings per Recipe: 6

Calories 422.9

Fat 22.7g

Cholesterol 128.6mg

Sodium 620.6mg

Carbohydrates 11.5g

Protein 42.1g

Ingredients

2 1/2 lbs. flank steaks, strips
all-purpose adobo seasoning
3 tbsp olive oil
6 cloves garlic, minced
2 1/2 C. diced onions
1 1/2 C. diced green peppers
1/4 tsp ground black pepper
1 (8 oz.) cans Spanish style tomato sauce
1 (6 oz.) jars sofrito sauce

3 C. water
1 packet sazón Goya with coriander and annatto
1 packet beef bouillon
1 oz. jar capers, rinsed
10 large pimento-stuffed green olives, sliced

Directions

1. Coat the steaks with some adobo seasoning.
2. Place a large pan over medium heat. Heat in it the oil. Cook in it the steak stripes for 5 to 7 min on each side. Drain the steak stripes and place them aside.
3. Cook the garlic, onion and green pepper in the same pan for 12 min.
4. Add the tomato sauce with black pepper. Cook them for 6 min.
5. Add the sofrito, water, sazón and bouillon. Cook them until they start boiling. Lower the heat and stir in it the steak stripes.
6. Put on the lid and let them cook for 90 min to 100 min over low heat. Once the time is up, drain the steak stripes and shred them. Stir them back into the sofrito pan.
7. Serve your steak sofrito skillet warm. Enjoy.

Yucca Salad with Lemon Dressing



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 536.7

Fat 27.5g

Cholesterol 0.0mg

Sodium 1189.1mg

Carbohydrates 71.6g

Protein 2.9g

Ingredients

1 1/2 lbs. yucca root, halved & in chunks	1/3 C. fresh lemon juice
1 tsp salt	1/2 C. olive oil
1 lime, juice	1 onion, chopped fine
6 garlic cloves, mashed	
1 tsp salt	

Directions

1. Place a large saucepan over medium heat. Place in it the yucca and cover it with water.
2. Stir in 1 tsp of salt with lime juice. Cook them until they start boiling. Lower the heat and put on the lid.
3. Let them cook for 30 to 32 min until they yucca becomes tender.
4. Get a food processor: Blend in it the garlic with 1 tsp salt.
5. Place a small pan over medium heat. Stir in it the garlic mix with olive oil, lemon juice, and onion.
6. Cook them until they start boiling to make the sauce. Add it to the yucca and toss it to coat.
7. Serve it warm with some bread.
8. Enjoy.

CUBAN

Meat Marinade (Mojo)



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 145.5

Fat 13.9g

Cholesterol 0.0mg

Sodium 595.3mg

Carbohydrates 5.8g

Protein 0.7g

Ingredients

- 1/4 C. olive oil
- 2 tbsp orange juice
- 2 tbsp lime juice
- 2 - 4 garlic cloves, minced
- 1/2 C. chopped onion
- 2 tsp ground black pepper
- 1 tsp ground cumin
- 1 tsp salt
- 1 tsp ground ginger
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 dash ground cloves
- 1 tsp chili powder

Directions

1. Get a mixing bowl: Whisk in it all the ingredients.
2. Add to it your choice of meat and let it sit for at least 3 h before cooking it.
3. Enjoy.

Cotija Corn with Garlic Butter



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 813.9

Fat 55.6g

Cholesterol 139.3mg

Sodium 241.6mg

Carbohydrates 78.1g

Protein 19.3g

Ingredients

8 ears corn
4 limes, fresh quartered
garlic butter, recipe follows
1/2 C. Cotija cheese, grated
2 tbsp chives, chopped
Flavored Butter
1 C. unsalted butter, slightly softened

8 garlic cloves, peeled and chopped
1/4 habanero pepper, seeded
1/4 bunch fresh chives
salt & ground black pepper

Directions

1. Before you do anything, preheat the grill and grease it.
2. Pull back the corn husks without peeling them off.
3. Discard the silks then pull the husk back to cover the corn with it.
4. Get a large bowl: Place it in the ears of corn. Cover them with water and let sit for 35 min.
5. Once the time is up, drain the corn and place them on the grill.
6. Put on the lid and let them cook for 16 to 22 min.
7. Get a small mixing bowl: Mix in it the butter with garlic, habanero pepper, chives, a pinch of salt and pepper.
8. Once the time is up, pull the down the corn husks and coat the ears of corn with the garlic butter mix.
9. Place them on a serving plate. Drizzle over them the lime juice followed by the Cotija cheese.
10. Serve your grilled corn right away.
11. Enjoy.

PICANTE

Salsa



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 10

Calories 166.2

Fat 3.6g

Cholesterol 0.0mg

Sodium 366.6mg

Carbohydrates 28.9g

Protein 7.4g

Ingredients

2 (15 oz.) cans black beans, drained and rinsed

1 (16 oz.) cans whole kernel corn, drained and rinsed

1 (16 oz.) cans diced tomatoes

1 (10 oz.) cans Rotel Tomatoes

1/2-3/4 jar picante sauce

1/2 C. red onion, chopped

1/2 C. fresh cilantro, chopped

6 tbsp lime juice

2 tbsp olive oil

1 1/2 tsp ground cumin

salt and pepper

Directions

1. Get a mixing bowl: Mix in it all the ingredients.
2. Put on the lid and let the salsa sit for an overnight to 2 days.
3. Serve it as topping for a roast or a sandwich.
4. Enjoy.

Instant Brown Cuban Bread



Prep Time: 1 hr 30 mins



Total Time: 2 hrs 10 mins

Servings per Recipe: 1

Calories 1497.4

Fat 9.0g

Cholesterol 186.0mg

Sodium 3587.5mg

Carbohydrates 298.8g

Protein 48.2g

Ingredients

- 1 C. water
- 3 tbsp water
- 1 1/2 tsp salt
- 3 C. bread flour
- 2 tsp brown sugar
- 2 tsp yeast
- cornmeal
- 1 egg, mixed with 1 tbsp water
- 3/4 C. hot water

Directions

1. Place the water, salt, flour, brown sugar and yeast in a bread machine.
2. Press the dough/manual button.
3. When it is done, shape the dough into a long loaf of bread. Lay it on a baking tray.
4. Sprinkle over it the cornmeal. Let it rest for 12 min. Use a knife to make 4 shallow slashes on top of the loaf.
5. Before you do anything, preheat the oven to 400 F.
6. Coat it with the egg and water mix. Place it in the middle of the oven.
7. Fill a baking pan with hot water. Place it in the bottom shelf in the oven under the bread loaf.
8. Let the bread cook for 32 min. Allow it to cool down completely then serve it.
9. Enjoy.

GUAVA

Danishes



Prep Time: 20 mins



Total Time: 45 mins

Servings per Recipe: 16

Calories 403.8

Fat 33.0g

Cholesterol 92.2mg

Sodium 294.3mg

Carbohydrates 22.8g

Protein 4.8g



Ingredients

- 1 lb. cream cheese
- 1 lb. butter, softened
- 1 lb. flour
- 1 1/2 lbs. guava paste
- sugar

Directions

1. Get a mixing bowl: Beat in it the cream cheese, butter, a pinch of salt and flour until you get a smooth dough.
2. Place it in a greased bowl and cover it with a plastic wrap. Let it rest for 35 min.
3. Before you do anything, preheat the oven to 375 F.
4. Once the time is up, place the dough on a floured surface. Flatten it until it becomes 1/4 inch thick.
5. Use a knife or pizza cutter to cut it into 16 to 20 squares.
6. Lay 1 tbsp of guava paste in the middle of each dough square.
7. Pull one tip of the square over the guava paste and press it into the other side in the shape of a triangle.
8. Repeat the process with the remaining squares.
9. Place them on a cookie sheet and cook them for 26 min in the oven. Until they become golden brown.
10. Dust the guava pastries with some icing sugar then serve them.
11. Enjoy.

Chimichurri Mediterranean

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 10

Calories 207.7

Fat 21.8g

Cholesterol 0.0mg

Sodium 182.5mg

Carbohydrates 4.2g

Protein 0.7g

Ingredients

8 garlic cloves, minced	3 lemons, zest
1 tsp kosher salt	4 oz. lemon juice
1 tsp oregano, dry leaves	1 bunch flat leaf parsley
1 tsp black pepper, ground	1 C. olive oil
1 tsp red pepper flakes	

Directions

1. In a food processor, add all the ingredients and pulse until just combined.
2. Keep aside for about 30 minutes before serving.





CHIMICHURRI

Aioli Glazed Tilapia



Prep Time: 10 mins

Total Time: 20 mins

Servings per Recipe: 8

Calories 7.9

Fat 0.0g

Cholesterol 0.0mg

Sodium 4.6mg

Carbohydrates 1.7g

Protein 0.3g

Ingredients

1/3 C. low-fat mayonnaise
2 tbsp lemon juice
1/3 C. diced onion
1 C. parsley
2 tbsp oregano

2 garlic cloves
8 tilapia fillets
2 tbsp Grated Parmesan Cheese

Directions

1. Set your grill for medium heat and lightly, grease the grill grate.
2. In a blender, add all the ingredients except the fish and cheese and pulse until well combined.
3. In a bowl, add half of the mayo mixture and reserve it.
4. Coat the tilapia fillets with the remaining mayo mixture evenly.
5. Cook the tilapia fillets onto the grill for about 3 minutes per side.
6. remove from the grill and immediately, top each fillet with the cheese.
7. Serve the tilapia fillets alongside the reserved mayo mixture.

Argentinian x Mexico Bake



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 442.8

Fat 19.8g

Cholesterol 64.5mg

Sodium 811.5mg

Carbohydrates 44.0g

Protein 24.9g

Ingredients

1 (1 1/2 oz.) packets chimichurri seasoning
1 1/2 C. water
2 (8 oz.) cans tomato sauce
1 lb. ground beef

1 (15 oz.) cans black beans, rinsed and drained
1 (15 oz.) cans corn, drained
8 (8 -inch) flour tortillas, warmed
1 1/2 C. Mexican blend cheese, shredded

Directions

1. Set your oven to 350 degrees F before doing anything else and lightly, grease a 13x9 - inch baking dish.
2. In a bowl, add the tomato sauce, seasoning mix and water and mix until combined nicely.
3. Heat a large skillet over medium -high heat and cook the beef until browned completely.
4. Drain the grease from the skillet.
5. Remove from the heat and stir in the beans, corn and 1 C. of the sauce mixture.
6. Place about 1/2 C. of the beef mixture into each tortilla and carefully, fold like a burrito.
7. Arrange the burritos into the prepared baking dish, seam side down.
8. Spread the remaining sauce on top evenly, followed by the cheese.
9. Cook in the oven for about 15 minutes.

CHIPOTLE

Parsley Halibut



Prep Time: 1 hr



Total Time: 1 hr 4 mins

Servings per Recipe: 6

Calories 278.8

Fat 11.8g

Cholesterol 102.8mg

Sodium 150.5mg

Carbohydrates 2.0g

Protein 39.0g

Ingredients

(6 -oz) halibut fillets	1/4 C. flat leaf parsley, fresh, chopped
1/4 C. shallot, diced	1 tsp dried chipotle powder
2 garlic cloves, minced	1/4 C. extra virgin olive oil
1 tbsp white wine vinegar	salt and pepper
1 tbsp lemon juice, fresh	
1 sprig thyme leave, chopped	
1 sprig oregano, chopped finely	

Directions

1. In a large bowl, add the shallots, garlic, lemon juice and vinegar and mix until well combined.
2. Keep aside for about 30 minutes before using.
3. In the bowl of the shallot mixture, add the herbs and mix until well combined.
4. Add the oil and chipotle and ix until well combined.
5. Add the halibut fillets and coat with the sauce generously.
6. Refrigerate to marinate for at least 30 minutes.
7. Remove the halibut fillets from the bowl and discard the marinade.
8. Set your grill and lightly, grease the grill grate.
9. Cook the halibut fillets onto the grill for about 2-3 minutes on each side.

Chimichurri

Lettuce Appetizers



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 8

Calories 72.9

Fat 4.1g

Cholesterol 0.0mg

Sodium 21.0mg

Carbohydrates 8.3g

Protein 3.0g

Ingredients

2 tbsp extra virgin olive oil
1 tbsp red wine vinegar
1 minced garlic clove
1 fresh jalapeño chili
2 tbsp oregano leaves

1/2 C. flat leaf parsley
8-12 oz. queso fresco
3 romaine lettuce hearts

Directions

1. In a bowl, add all the ingredients except the queso fresco and lettuce and mix until well combined.
2. Fold in the queso fresco.
3. Arrange the romaine leaves onto a platter.
4. Place the sauce onto each leaf and serve.

CATFISH

Córdoba



Prep Time: 10 mins



Total Time: 22 mins

Servings per Recipe: 4

Calories 362.8

Fat 26.5g

Cholesterol 79.8mg

Sodium 531.8mg

Carbohydrates 3.0g

Protein 27.0g

Ingredients

1/2 C. parsley

1/2 C. basil

1/4 C. cilantro

1/4 C. olive oil

1 garlic clove, minced

1 tbsp red wine vinegar

2 tsp lime juice

1/4 tsp ground cumin

3/4 tsp salt, divided

1/4 tsp ground pepper

1 1/2 lb. catfish fillets

1/4 C. orange juice

1/2 tsp orange zest

Directions

1. Set your oven to 425 degrees F before doing anything else and lightly, grease a baking dish.
2. Sprinkle the catfish fillets with the orange zest, 1/2 tsp of the salt and 1/8 tsp of the pepper.
3. Arrange the catfish fillets into the prepared baking dish in a single layer and top with the orange juice evenly.
4. Cook in the oven for about 12 minutes.
5. Meanwhile, for the sauce: in a blender, add the garlic, cilantro, basil, parsley, vinegar, olive oil, lime juice, cumin, 1/4 tsp salt, 1/8 tsp pepper and pulse until smooth.
6. Serve the catfish alongside the sauce.

Chimichurri Tilapia Cookout



Prep Time: 10 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 147.9

Fat 15.5g

Cholesterol 5.0mg

Sodium 238.9mg

Carbohydrates 5.0g

Protein 0.8g

Ingredients

2 whole tilapia fish	1/2 tsp kosher salt
aluminum foil	1/2 lemon, juiced
1 lemon, sliced	1/4 C. olive oil, extra virgin
2 tsp seafood seasoning	
2 tsp butter	
1/4 C. flat-leaf Italian parsley, chopped	
2 cloves, garlic, minced	

Directions

1. Set your grill for medium-high heat.
2. Arrange each tilapia fish onto a greased square piece of foil.
3. Sprinkle the cavity and sides of each tilapia with the seafood seasoning evenly.
4. Arrange the lemon slices in the cavity of each tilapia and place the butter in the shape of dots.
5. Seal the foil around each fish to make a parcel.
6. Cook the parcels onto the grill for about 25 minutes.
7. For the sauce: in a small bowl, add the garlic, parsley, garlic, lemon juice, oil and mix until well combined.
8. Serve the fish alongside the sauce.

ITALIAN

Tomato Chimichurri



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 179.9

Fat 18.2g

Cholesterol 0.0mg

Sodium 207.6mg

Carbohydrates 3.9g

Protein 1.0g

Ingredients

1/2 medium red onion, diced

1 bunch flat leaf parsley, chopped

2 Roma tomatoes, diced

5 garlic cloves, chopped

1/4 C. red wine vinegar

1/4 C. white vinegar

1/2 C. extra virgin olive oil

1/2 tsp salt



1/4 tsp black pepper

2 tbsp water

Directions

1. In a bowl, add all the ingredients and mix until well combined.
2. Refrigerate, covered for 2 hours or up to overnight.

Cinnamon Cayenne Rib Eye Clásico

 Prep Time: 15 mins
 Total Time: 35 mins

Servings per Recipe:	4
Calories	839.9
Fat	74.9g
Cholesterol	134.9mg
Sodium	567.5mg
Carbohydrates	5.3g
Protein	36.2g

Ingredients

1 tsp smoked paprika	2 (14 oz.) rib eye steaks
1 tsp cumin	2 C. Italian parsley
1 tsp coriander seed	1/2 C. picked mint leaf, no stems
1/2 tsp garlic powder	1/2 C. extra virgin olive oil
1/2 tsp cayenne pepper	3 garlic cloves
1/2 tsp cinnamon	2 tbsp lemon juice
1/2 tsp sea salt	1 pinch sea salt
1/2 tsp black pepper	
1 tbsp canola oil	

Directions

1. With a mortar and pestle, grind the coriander seeds, cumin, paprika, garlic powder, cayenne pepper, cinnamon, salt and black until coriander seeds are crushed and well combined.
2. Season the steaks with the spice mixture generously. With a plastic wrap, cover the steaks and keep aside for about 20 - 30 minutes. Meanwhile, for the sauce: in a food processor, add the garlic, mint, parsley, lemon juice, olive oil, 1 tsp of the spice mixture and salt and pulse until smooth.
3. Transfer the sauce into a container and refrigerate, covered until using. Set your grill for medium - high heat with the lid closed and lightly, grease the grill grate.
4. Remove the plastic wrap from the steaks and coat them with the canola oil evenly. Cook the steaks onto the grill for about 2 minutes.
5. Flip the steaks to 90 degrees and cook for about 2 minutes.
6. Flip and cook for about 2 - 3 minutes. Place the steaks onto a cutting board for about 5 minutes before slicing. Cut the steaks into desired slices and serve alongside the sauce.

ARGENTINIAN Oatmeal Fries



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 1

Calories 201.3

Fat 18.6g

Cholesterol 3.6mg

Sodium 282.7mg

Carbohydrates 5.7g

Protein 4.1g

Ingredients

Fries:

6 tbsp white sesame seeds

1 C. cold cooked oatmeal

1/2 C. grated Parmigiano-Reggiano
cheese

Sauce:

1 C. packed parsley leaves

1/4 C. packed cilantro leaves

2 garlic cloves, peeled

1/2 C. olive oil

1/3 C. red wine vinegar

3/4 tsp dried red pepper flakes



1/2 tsp ground cumin

1/2 tsp salt

Directions

1. Heat a dry frying pan over medium heat and cook the sesame seeds until toasted, shaking the pan occasionally.
2. Transfer the toasted sesame seeds onto a plate.
3. Make 8 equal sized balls from the oatmeal.
4. Coat each ball with the cheese and then roll into sesame seeds.
5. With your hands, flatten each ball slightly.
6. In a skillet, heat about 1/2-inch of vegetable oil over medium heat and cook the patties for about 10 minutes per side, pressing with the spatula slightly.
7. Remove from the heat and immediately, sprinkle with the sea salt slightly.
8. Meanwhile, for the sauce: in a food processor, add all the ingredients and pulse until smooth.
9. Serve the fritters with a topping of the sauce.

Orzo Calabasas

 Prep Time: 10 mins
 Total Time: 35 mins

Servings per Recipe: 8

Calories	287.8
Fat	7.8g
Cholesterol	0.0mg
Sodium	297.9mg
Carbohydrates	46.1g
Protein	8.1g

Ingredients

4 garlic cloves, peeled
1/2 C. cilantro leaf
1/2 C. Italian flat leaf parsley
1/4 C. onion, chopped
1 poblano pepper, halved, seeded and chopped
2 tbsp lime juice

1 tsp salt
1/4 C. olive oil
fresh ground black pepper
1 (16 oz.) packages orzo pasta
1 red bell pepper, quartered, seeded and diced

Directions

1. In a food processor, with steel knife blade, add the onion, garlic, poblano, parsley, cilantro, lime juice and salt and pepper and pulse until pureed.
2. While the motor is running, slowly add the oil and pulse until well combined.
3. In a large pan, add the water and salt and bring to a boil.
4. Add the orzo and cook as directed by the package.
5. Drain the orzo well and transfer into a bowl.
6. Add the bell pepper and sauce and toss to coat well.
7. Serve immediately.





GINGER

Honey Glazed Kebab



Prep Time: 20 mins

Total Time: 35 mins

Servings per Recipe: 16

Calories 167.0

Fat 16.0g

Cholesterol 17.2mg

Sodium 49.9mg

Carbohydrates 4.6g

Protein 1.6g

Ingredients

500 g beef, ground

1 onion

1/4 C. pine nuts, toasted

1 small hot pepper, deseeded and finely minced

3 garlic cloves, finely minced

1 slice bread, soaked in water, squeezed dry and crumbled

1 egg yolk

salt and pepper

1 tsp sweet paprika

1/4 tsp cumin

1/4 tsp baking soda

3 tbsp olive oil

Honey Glaze:

1/4 C. date honey

1/4 C. balsamic vinegar

1 tbsp ginger, finely minced

1 tbsp brown sugar

1/4 C. beef broth

salt and pepper

Sauce:

1 bunch parsley, coarsely minced

1/2 C. olive oil

1 small hot pepper, deseeded

1/4 C. white vinegar

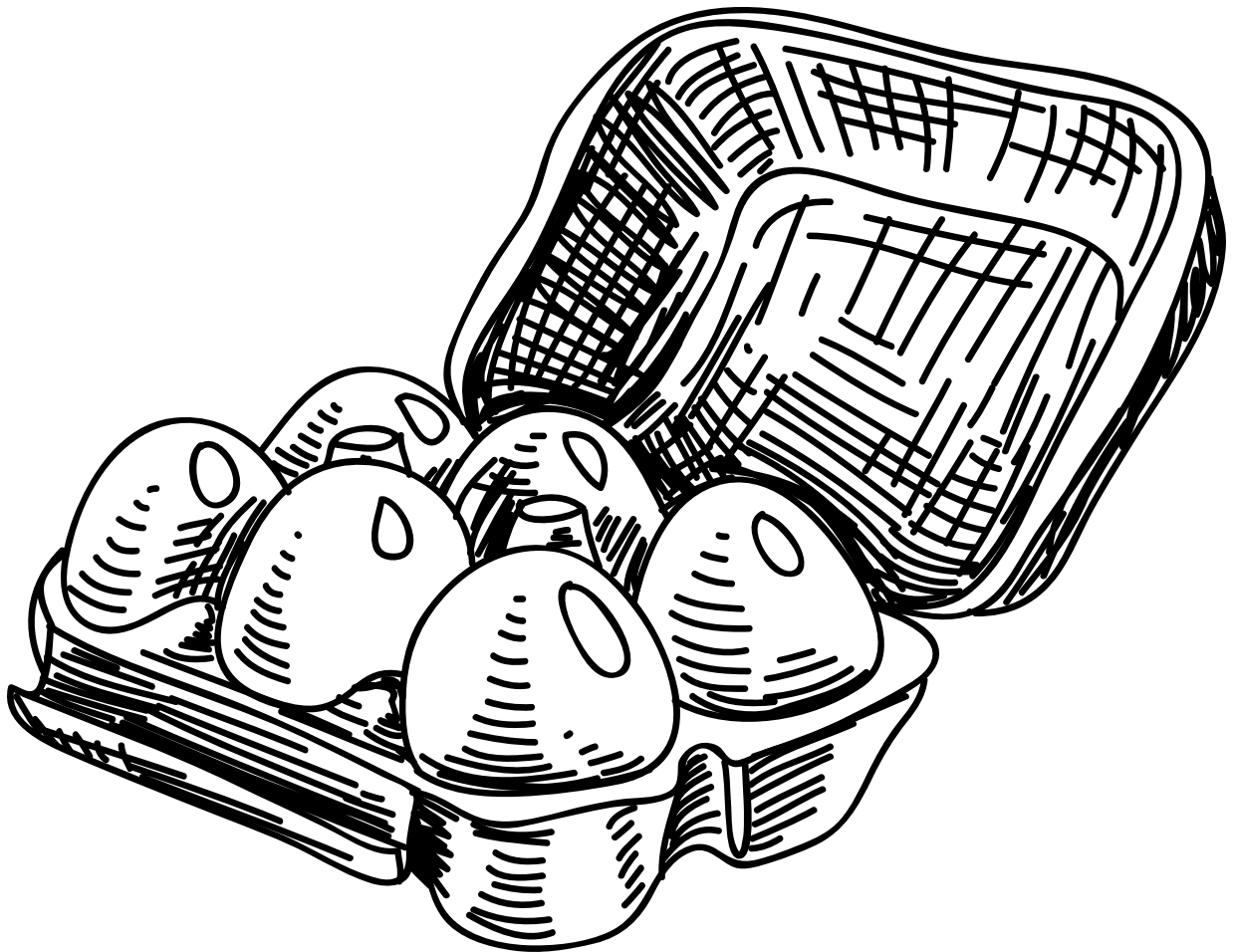
3 -5 garlic cloves

salt and pepper

Directions

1. For the kebabs: in a bowl, add the ground beef, onion, garlic, bread slice and pine nuts and mix until well combined.
2. In another bowl, add the olive oil, egg yolk, baking soda and spices and beat well.
3. Add the egg yolk mixture into the bowl of the beef mixture and with your hands, knead until well combined. Keep aside for a few minutes.
4. With greased hands, make small balls from the beef mixture.
5. Shape each ball into kebab and freeze for a few minutes.
6. Set your oven to 450 degrees F and lightly, grease a baking sheet.
7. Arrange the kebabs onto the prepared baking sheet and cook in the oven for about 10-15 minutes.

8. For the ginger sauce: in a pan, add all the ingredients and bring to a boil.
9. Cook until the desired thickness of the sauce is achieved.
10. For the chimichurri: in a food processor, add all the ingredients except the oil and pulse until well combined.
11. While the motor is running, slowly add the oil and pulse until well combined.
12. Serve the kebabs alongside the both sauces.



CHIANG MAI x Houston Chimichu



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 176.0

Fat 4.5g

Cholesterol 68.4mg

Sodium 455.1mg

Carbohydrates 4.5g

Protein 28.6g

Ingredients

- 1/4 C. unsweetened coconut milk
- 1 green onion, chopped
- 1/2 tsp shredded lime peel
- 1 tbsp lime juice
- 1 tbsp chopped cilantro
- 1 tbsp chopped of mint
- 1 tsp green curry paste
- 1 tsp grated ginger
- 1 tsp soy sauce
- 1 garlic clove, minced
- 4 boneless skinless chicken breast halves
- chopped mango
- chopped cucumber
- mint

Directions

1. For the sauce: in a food processor, add the salsa, green onion, garlic, ginger, mint, cilantro, lime peel, coconut milk, lime juice, soy sauce and curry paste and pulse until smooth.
2. In a bowl, add 1/3 C. of the sauce and preserve in refrigerator until using. In a large zip lock bag, place the chicken and remaining marinade. Seal the bag and shake to coat well.
3. Refrigerate to marinate for about 1-2 hours, shaking the bag often.
4. Set your charcoal grill for medium heat and lightly, grease the grill grate. Remove the chicken from the bag, reserving the marinade.
5. Place the chicken onto the grill directly over coals and cook for about 12-15 minutes, flipping once and coating with the reserved marinade halfway through.
6. Transfer the chicken onto a platter and drizzle with the reserved sauce. Serve with a garnishing of the mint alongside the mango and cucumber.

Chimichurri Shrimp



Prep Time: 1 hr



Total Time: 1 hr 12 mins

Servings per Recipe: 6

Calories 481.5

Fat 35.9g

Cholesterol 98.7mg

Sodium 130.6mg

Carbohydrates 3.3g

Protein 35.4g

Ingredients

18 large shrimp

1 1/2 lb. skirt steaks

Sauce:

6 garlic cloves

2/3 C. olive oil

kosher salt & ground pepper

2 tbsp red wine vinegar

1 bunch flat leaf parsley, top leaves only

2 tbsp oregano leaves

1 lemon, juice

Directions

1. For the chimichurri sauce: in a food processor, add all the ingredients and pulse until smooth.
2. Transfer the chimichurri sauce into a large glass bowl.
3. Add the steak and shrimp and coat with the chimichurri sauce generously.
4. Refrigerate to marinate for about 1/2-1 hour.
5. Set your grill for high heat and lightly, grease the grill grate.
6. Place the steak onto the grill and cook for about 5 minutes.
7. Flip the steak and coat with some extra chimichurri sauce.
8. Coat the shrimp and coat with some extra chimichurri sauce.
9. Now, place the shrimp onto the grill with the steak and cook until desired doneness.
10. Transfer the steak and onto a platter.
11. With a sharp knife, cut the steak into thin slices diagonally across the grain.
12. Serve the steak and shrimp alongside the extra chimichurri sauce.

COUNTRY

Sirloin Argentinian



Prep Time: 10 mins



Total Time: 26 mins

Servings per Recipe: 2

Calories 1192.2

Fat 78.4g

Cholesterol 333.2mg

Sodium 1130.1mg

Carbohydrates 13.8g

Protein 97.6g

Ingredients

- 1 1/2 lb. sirloin steaks, trimmed
- 1 1/2 C. cilantro stems
- 1 C. white vinegar
- 3/4 C. chopped onion
- 2 tsp ground cumin
- 2 tsp dried thyme
- 2 tsp cracked black pepper
- 1 tsp kosher salt
- 6 minced garlic cloves
- 3 bay leaves
- cooking spray
- chimichurri sauce

Directions

1. In a large re-sealable bag, add all the ingredients except the cooking spray and chimichurri sauce.
2. Seal the bag and shake well to coat completely.
3. Refrigerate to marinate for about 3 hours, shaking the bag occasionally.
4. Set your grill for medium heat and lightly, grease the grill grate.
5. Remove the steak from the bag and discard the marinade.
6. Cook the steak onto the grill for about 8 minutes per side.
7. Transfer the steak onto a cutting board for about 3 minutes before slicing.
8. With a sharp knife, cut the steak into thin slices diagonally across the grain.
9. Serve the steak slices alongside the chimichurri sauce.

Burgers Brasileiro



Prep Time: 30 mins



Total Time: 48 mins

Servings per Recipe: 6

Calories 750.6

Fat 27.6g

Cholesterol 98.2mg

Sodium 717.4mg

Carbohydrates 90.9g

Protein 39.0g

Ingredients

- 1 tbsp ground cumin
- 1 C. cilantro leaves
- 1 C. Italian parsley
- 2 tbsp champagne vinegar
- 1 tsp crushed red pepper flakes
- 1/2 tsp coarse salt
- 1/4 C. canola oil
- 2 lb. lean ground beef
- 1/4 tsp salt
- 1/4 tsp ground red pepper
- 6 rolls, Mexican bolitos, split and toasted
- 1 tomatoes, sliced
- 1 onion, sliced
- 6 plantains, peeled and cut into slices

Directions

1. Set your grill for medium heat and lightly, grease the grill grate.
2. Heat a small frying pan over low heat and cook the cumin for about 2 minutes, stirring continuously.
3. Immediately, remove from the heat.
4. For the chimichurri sauce: in a blender, add the parsley, cilantro, vinegar, cumin, red pepper and salt and pulse on lowest speed until well combined.
5. While the motor is running, slowly add the oil and pulse until well combined.
6. In a large bowl, add the ground beef, 1/4 tsp of the salt and ground red pepper and mix until well combined.
7. Make (3 1/2-inch) 12 patties in from the beef mixture.
8. In the center of each of 6 patties, place 1 tbsp of the chimichurri sauce.
9. Cover each with the remaining patty and press the edges to seal the filling.
10. Arrange the patties onto the grill directly over the heat and cook for about 18-22 minutes, flipping once half way through.
11. Transfer the patties onto a platter and cover with a piece of foil to keep warm.
12. Coat the plantain slices with the peanut oil evenly.

13. Arrange the plantain slices onto the grill directly over medium heat and cook for about 8 minutes, flipping once halfway through.
14. Remove from the grill and transfer the plantain slices onto a paper towel-lined plate to drain.
15. Spread a thin layer of the chimichurri sauce onto each roll and top with the burgers, followed by the remaining sauce, tomatoes and onions.
16. Serve the burgers alongside the plantain slices.



Chimichurri

Route-66



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 10

Calories 97.1

Fat 10.8g

Cholesterol 0.0mg

Sodium 0.3mg

Carbohydrates 0.4g

Protein 0.0g

Ingredients

1 (27 oz.) cans tender green cactus pieces, salt & pepper
in brine, drained cilantro
1/2 C. olive oil
1 garlic clove
1/2 lemon, juice
1/2 lime, juice
1 pinch red pepper flakes

Directions

1. In a food processor, add the cactus, garlic, cilantro, red pepper flakes, salt, pepper and juice of lime and lemon and pulse until chopped finely.
2. While the motor is running, slowly add the oil and pulse until well combined.

FISH

with Tropical Mango Chimichurri



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 578.4

Fat 9.7g

Cholesterol 53.2mg

Sodium 266.4mg

Carbohydrates 79.3g

Protein 43.2g

Ingredients

- 1 C. mango
- 1/2 C. red bell pepper, seeded, ribs discarded, chopped
- 1/2 C. cilantro, chopped
- 1/2 C. parsley, chopped
- 1/4 C. lime juice
- 3 tbsp white wine vinegar
- 1 tbsp garlic, minced
- 1 tbsp dried oregano
- 2 tsp jalapeños, chopped
- sea salt
- ground black pepper
- 1 tbsp olive oil
- 1 lb. red snapper filets, cut into cubes, or white fish filets
- 1 (14 oz.) cans black beans, drained
- 1 C. cooked long grain brown rice, warm
- 4 flour tortillas

Directions

1. In a large bowl, add the mango, bell pepper, garlic, parsley, cilantro, jalapeño, vinegar, lime juice, oregano, 1/4 tsp of the salt and 1/4 tsp of the black pepper and mix well.
2. Season the snapper fillets with 1/4 tsp of the salt and 1/4 tsp of the black pepper.
3. In a large nonstick skillet, heat the oil over medium-high heat and cook the snapper fillets for about 5 minutes, flipping occasionally.
4. Stir in the rice and beans and cook for about 1-2 minutes.
5. Remove from the heat and stir in the mango mixture.
6. Place the snapper mixture onto each tortillas evenly.
7. Wrap each tortilla and serve.

American-Mesa Chimichurri



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 168.9

Fat 18.1g

Cholesterol 0.0mg

Sodium 8.6mg

Carbohydrates 1.9g

Protein 0.6g

Ingredients

1/2 C. chopped cilantro

3/4 C. chopped Italian parsley

3 garlic cloves

1/2 C. red wine vinegar

1/3 C. olive oil

1 Serrano pepper

1/2 tsp cracked black pepper

1/2 tsp cumin

1 tsp season salt

Directions

1. In a food processor, add all the ingredients and pulse until smooth.





CHIMICHURRI

Havana



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 8

Calories 89.3

Fat 9.0g

Cholesterol 0.0mg

Sodium 130.8mg

Carbohydrates 2.0g

Protein 0.6g

Ingredients

7 garlic cloves, peeled
1 1/4 C. packed cilantro leaves
3/4 C. packed parsley sprig
1 tsp crushed red pepper flakes
1 tsp coarse ground black pepper
1/4 C. white balsamic vinegar
2 tbsp lime juice
1 tbsp soy sauce
1/2 tsp lime zest
1/3 C. olive oil
grilled steak

Directions

1. In a small food processor, add the garlic, parsley, cilantro, pepper flakes and pepper and pulse until finely chopped.
2. Add the soy sauce, lime juice, vinegar and lime peel and pulse until well combined.
3. While the motor is running, slowly add the oil and pulse until well combined.
4. Serve the steak alongside the sauce.

6-Ingredient Steak with Mock Chimichurri



Prep Time: 15 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 86.2

Fat 9.1g

Cholesterol 0.0mg

Sodium 8.9mg

Carbohydrates 1.1g

Protein 0.4g

Ingredients

1 C. A 1 garlic & herb marinade
2 C. parsley sprigs
1/3 C. olive oil
2 tbsp red wine vinegar

1 bay leaf
1 tsp dried oregano leaves

Directions

1. In a large bowl, add the steak and marinade and mix well.
2. Refrigerate for at least 30 minutes.
3. Set the broiler of your oven and arrange oven rack about 4-inch from the heating element. Grease a rack, arrange in a broiler pan.
4. Meanwhile, for the sauce: in a blender, add the remaining ingredients and pulse until smooth.
5. Transfer the sauce into a bowl and refrigerate before using.
6. Remove the steak from the bowl and discard the marinade.
7. Arrange the steak onto the prepared rack and cook under the broiler for about 5 minutes per side.
8. Transfer the steak onto a cutting board for about 5 minutes.
9. Cut the steak into thin slices diagonally across the grain.
10. Serve the steak slices alongside the sauce.

ROASTED

Peppermint Roast



Prep Time: 2 hrs



Total Time: 6 hrs

Servings per Recipe: 8

Calories 46.4

Fat 3.4g

Cholesterol 0.0mg

Sodium 0.8mg

Carbohydrates 4.3g

Protein 0.1g

Ingredients

2 - 3 lb. well-trimmed tri-tip roast	1/2 tbsp ground pepper
1/4 C. lime juice	2 tbsp sugar
2 tbsp olive oil	salt
1/4 C. minced cilantro	
1 tbsp minced green onion	
2 garlic cloves, minced	
1 tbsp minced peppermint	

Directions

1. In a large re-sealable bag, add the roast, green onion, garlic, mint, cilantro, oil and lime juice.
2. Seal the bag and shake to coat well.
3. Refrigerate for about 2 hours.
4. Set your smoker for an indirect temperature between 225 and 250°F.
5. Arrange the roast with the marinade in the center of a foil piece of foil.
6. Wrap the foil around the meat loosely to make a pouch.
7. Cook the wrapped meat in smoker for about 3 hours.
8. Remove the meat from the foil pouch and cook in the smoker for about 30 minutes, flipping once halfway through.
9. Transfer the meat onto a cutting board.
10. Cut the meat into desired sized pieces.
11. Carefully, place the foil juice into a skillet over medium heat.
12. Add the sugar and pepper and cook until the mixture reduced by half.
13. Stir in the meat pieces and remove from the heat.
14. Serve hot.

Eliza's Chimichurri



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories	1334.4
Fat	144.6g
Cholesterol	0.0mg
Sodium	2358.0mg
Carbohydrates	14.0g
Protein	2.6g

Ingredients

- | | |
|--|---------------------------|
| 1 C. flat leaf parsley, chopped fine | 2 tsp kosher salt |
| 1/2 C. cilantro, chopped fine | 1/2 tsp cumin |
| 2 tbsp thyme, stemmed and chopped fine | 1 tsp ground black pepper |
| 1/2 C. white onion, minced | |
| 1 C. extra virgin olive oil | |
| 1 tbsp garlic, minced | |
| 2 tbsp lemon juice | |
| 1 tbsp lime juice | |

Directions

1. Add all the ingredients in a food processor and pulse until smooth.
2. Transfer the sauce into a bowl and refrigerate, covered for at least 1 hour or up to three days.

BUENOS AIRES

Brisket



Prep Time: 45 mins

Total Time: 4 hrs 15 mins

Servings per Recipe: 6

Calories 851.4

Fat 70.5g

Cholesterol 193.1mg

Sodium 180.6mg

Carbohydrates 3.4g

Protein 45.7g

Ingredients

Sauce:

7 garlic cloves, peeled

4 jalapeño peppers, seeded and chopped

7 bay leaves

1 1/4 C. flat leaf parsley

2/3 C. cilantro leaf

2 1/2 tbsp dried oregano

1 1/4 C. distilled white vinegar

kosher salt

2 C. water

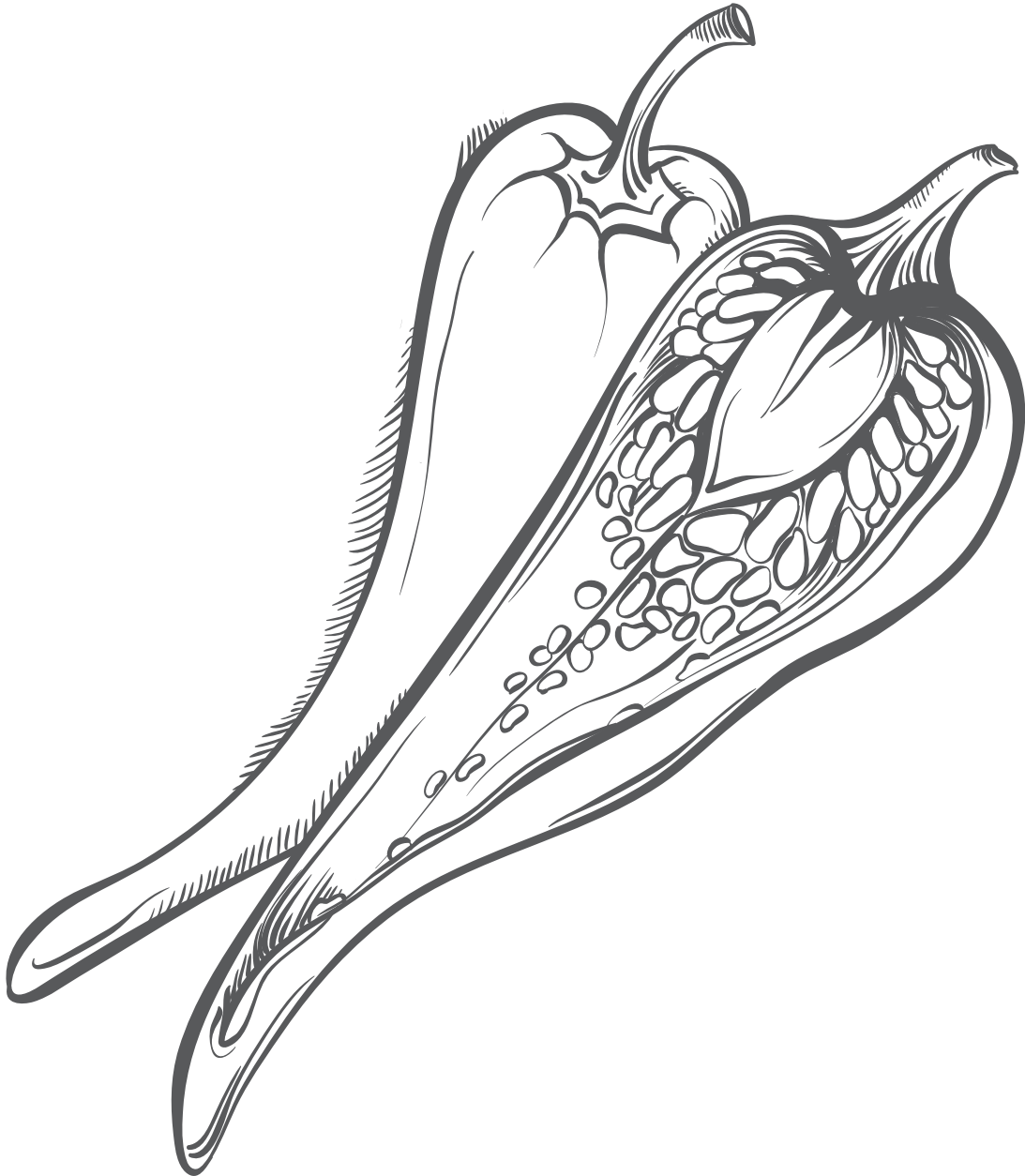
Beef:

3 1/2 lb. beef brisket, soaked in cold water to cover for 1 hour, drained

Directions

1. For the chimichurri: in a food processor, add the jalapeños, garlic and bay leaves and pulse until chopped finely.
2. Add the cilantro, oregano and parsley and pulse until chopped finely.
3. While machine running, add the oil and vinegar and pulse until smooth.
4. Add the salt and pulse to combine.
5. Transfer 1 C. of the chimichurri into a container and refrigerate, covered until using.
6. In a large ceramic baking dish add the water and remaining chimichurri and mix until well combined.
7. Add the brisket and coat with the marinade generously.
8. With a plastic wrap, cover the baking dish and refrigerate for about 24-48 hours.
9. Set your oven to 350 degrees F and arrange a rack in the center of the oven.
10. In a roasting pan, place the brisket with marinade.
11. Cover the roasting pan and cook in the oven for about 3 1/2 hours.
12. Remove from the oven and place the brisket onto a cutting board to cool slightly before slicing.

13. Cut the brisket into desired sized slices diagonally.
14. Meanwhile, in a microwave-safe bowl, add the reserved chimichurri and microwave until heated slightly.
15. Serve the brisket slices alongside the chimichurri sauce.



PICNIC

Chimichurri



Prep Time: 7 hrs



Total Time: 7 hrs

Servings per Recipe: 1

Calories	2129.4
Fat	220.7g
Cholesterol	0.0mg
Sodium	7044.9mg
Carbohydrates	51.7g
Protein	9.5g

Ingredients

- 6 garlic cloves, peeled
- 1 C. packed flat-leaf parsley
- 1 C. packed cilantro
- 3 green onions
- 1/4 C. oregano leaves
- 1 jalapeño, stem removed
- 1 tbsp kosher salt
- 1 tbsp black pepper
- 1 tsp red pepper flakes
- 1 tbsp smoked paprika
- 1 C. extra virgin olive oil
- 1/2 C. red wine vinegar
- 1/4 C. water
- 2 limes, juiced

Directions

1. In a food processor, add all the ingredients and pulse until well combined.
2. In a 1 gallon re-sealable bag, place the meat and chimichurri and seal the bag after squeezing out the excess air.
3. Refrigerate for about 6-7 hours, shaking the bag often.
4. Remove the meat from the bowl and discard the marinade.
5. Keep the meat at the room temperature for about 20-30 minutes before cooking.
6. Cook the meat onto grill until cooked through

Manhattan Strip Steaks



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 1271.2

Fat 106.7g

Cholesterol 275.5mg

Sodium 180.2mg

Carbohydrates 4.7g

Protein 70.7g

Ingredients

4 (12 oz.) New York strip steaks
salt & pepper

Sauce:

1 C. Spanish olive oil

2 limes, juice

4 garlic cloves

2 shallots, minced

1 tbsp basil, minced

1 tbsp thyme

1 tbsp oregano leaves

salt and pepper

Directions

1. For the chimichurri marinade: in a bowl, add all the ingredients and mix until well combined.
2. In a large baking dish, add the steaks and half of the chimichurri marinade mix well.
3. Refrigerate, covered for about 2 hours.
4. Set your grill for high heat and lightly, grease the grill grate.
5. Remove the steaks from the refrigerator and keep aside in room temperature for about 20 minutes before cooking.
6. Remove the steak from the bowl and discard the marinade.
7. Sprinkle each steak with the salt and pepper evenly.
8. Cook the steaks onto the grill for about 4-5 minutes per side.
9. Remove the steaks from the grill and place onto a platter for about 10 minutes before serving.
10. Serve the steaks alongside the remaining chimichurri sauce.

RED PEPPER

Rib-Eye with Balsamic Chimichurri



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 135.9

Fat 12.5g

Cholesterol 15.2mg

Sodium 60.3mg

Carbohydrates 5.0g

Protein 0.3g



Ingredients

- 1/2 C. packed chopped cilantro
- 6 tbsp balsamic vinegar
- 2 tbsp olive oil
- 2 garlic cloves, peeled and minced
- 1 tsp adobo seasoning
- 1/2 tsp dried oregano
- 1/2 tsp pepper
- 1/4 tsp dried red chili pepper flakes
- 2 boned beef rib eye steaks
- 2 tsp steak herb seasoning mix
- 2 tbsp butter

Directions

1. For the chimichurri sauce: in a bowl, add the garlic, cilantro, oil, vinegar, oregano, adobo seasoning, pepper, and chile flakes and mix until well combined.
2. Rub each steak with the seasoning mix evenly.
3. In a 10-12-inch nonstick frying pan, melt 1 tsp of the butter over medium-high heat and cook the steaks for about 10 minutes, flipping frequently.
4. Place the steaks onto a platter and cover with a piece of foil to keep warm.
5. In the same pan, melt the remaining butter and stir in the chimichurri sauce.
6. Cut each steak into 2 equal sized pieces.
7. Arrange the steak pieces onto the serving plates.
8. Transfer any meat juices from the platter into the frying pan and combine it with the sauce.
9. Pour the sauce mixture over the steak pieces and serve.

Cumin Coriander Flank Steak

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 4
Calories 456.8
Fat 32.4g
Cholesterol 115.6mg
Sodium 763.2mg
Carbohydrates 2.6g
Protein 37.0g

Ingredients

1 1/2 lb. flank steaks

Spice Mix:

1 1/2 tsp kosher salt

1/2 tsp ground coriander

1/2 tsp ground cumin

1/4 tsp black pepper

Sauce:

2 cloves garlic, minced

1 1/2 C. cilantro

1 1/2 C. flat leaf parsley

1/4 C. white vinegar

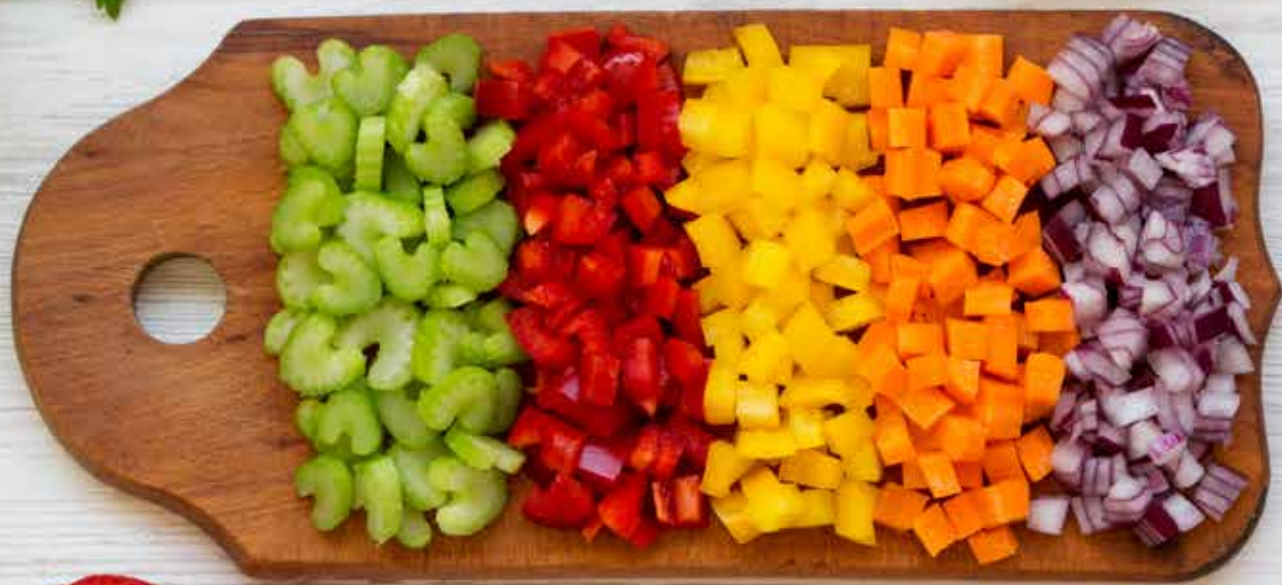
1/3 C. olive oil

1/4 tsp cayenne

Directions

1. Set the broiler of your oven and arrange oven rack about 4-inch from the heating element.
2. For the rub: in a bowl, add all the ingredients and mix well.
3. Rub the steak with the rub mixture generously.
4. Cook the steak under the broiler for about 6 minutes on both sides.
5. Meanwhile, for the chimichurri sauce: add all the ingredients in a food processor and pulse until finely chopped.
6. Remove the steak from the oven and place onto a cutting board for about 5 minutes.
7. With a sharp knife, cut the steak into thin slices diagonally.
8. Serve alongside the chimichurri sauce





ROSARIO

Chimichurri



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories	1040.5
Fat	109.8g
Cholesterol	0.0mg
Sodium	3530.4mg
Carbohydrates	17.7g
Protein	4.1g

Ingredients

- 6 garlic cloves, minced
- 2 shallots, minced
- 2 C. parsley, minced
- 1/4 C. oregano leaves, minced
- 1 tbsp salt
- 1 tsp red pepper flakes
- 1 C. olive oil
- 1/2 C. red wine vinegar
- 1/4 C. water

Directions

1. In a bowl, add all the ingredients and with a whisk, mix until well combined.
2. Any kind of meat or veggies can be marinated in his sauce.

Lemon Lime Skirt Steak with Chimichurri



Prep Time: 2 hrs 30 mins



Total Time: 2 hrs 40 mins

Servings per Recipe: 4

Calories 488.6

Fat 30.8g

Cholesterol 100.3mg

Sodium 1007.2mg

Carbohydrates 4.9g

Protein 46.3g

Ingredients

Skirt:

- 1 tsp garlic, minced
- 1 tsp cilantro leaf, chopped
- 2 tbsp olive oil
- 3 tbsp tequila
- 1 tbsp lemon juice, squeezed
- 1 tbsp lime juice, freshly squeezed
- 1/2 tsp salt
- 1 tsp black pepper, cracked
- 1 1/2 lb. skirt steaks, trimmed

Sauce:

- 2 tbsp cilantro leaves, chopped
- 2 tbsp parsley leaves, chopped
- 1 tbsp basil leaves, chopped
- 1 tbsp oregano leaves, chopped
- 2 tbsp white onions, minced
- 2 tbsp red bell peppers, diced
- 2 tbsp garlic, minced
- 1 tsp salt
- 1 tsp black pepper, cracked
- 1/2 tsp ground cumin
- 2 tbsp red wine vinegar
- 1 tbsp dried pasilla pepper
- 2 tbsp extra virgin olive oil

Directions

1. For the steak: in a large bowl, add all the steak and mix until well combined. Add the steak and oat with the marinade generously.
2. Refrigerate to marinate for about 1-3 hours. Meanwhile, for the chimichurri sauce: in a food processor, add all the ingredients and gently, stir to combine. Transfer the sauce into a bowl and keep aside for about 2 hours before serving. Set your grill for high heat and lightly, grease the grill grate. Remove the steak from the bowl and discard the marinade. Cook the steak onto the grill for about 5-10 minutes or until desired doneness.
3. Remove the steak from the grill and place onto a cutting board.
4. Cut the steak into 1/4-inch pieces against the grain.
5. Serve the steak pieces with a topping of the chimichurri sauce.

COCONUT Shrimp Pot



Prep Time: 25 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 219.4

Fat 14.9g

Cholesterol 119.3mg

Sodium 1127.8mg

Carbohydrates 8.3g

Protein 14.7g

Ingredients

- 1 1/4 lbs large shrimp
- 1 1/2 tsps salt
- 1/4 tsp pepper
- 2 garlic cloves, minced
- 1/4 C. fresh lemon juice
- 1 (14 oz.) cans diced tomatoes, with juice
- 1 medium onion, finely chopped
- 1 green pepper, finely chopped
- 1 1/2 tbsps oil
- 1/2 tsp cayenne
- 5 tbsps coarsely chopped cilantro
- 1 C. coconut milk, well stirred
- 1 tbsp palm oil

Directions

1. Get a large mixing bowl: Combine in it the shrimp with garlic, 1/2 tsp salt and pepper and lemon juice. Place in the fridge for 20 min at least.
2. Get a food processor: Place in it the tomato and blend it smooth.
3. Place a pot over medium heat. Heat the olive oil in it. Sauté in it the bell pepper with onion for 9 to 11 min.
4. Add the cayenne pepper with cilantro and a pinch of salt. Cook them for 1 extra min.
5. Stir in the tomato and let them cook for 16 min over low heat. Add the coconut milk and cook them until they start boiling.
6. Stir in the shrimp mix and let them cook for 4 to 6 min. Stir in the palm oil then serve your stew warm.
7. Enjoy.

Mushrooms Brasileiro



Prep Time: 40 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 73.3

Fat 6.9g

Cholesterol 0.0mg

Sodium 2.4mg

Carbohydrates 3.2g

Protein 0.8g

Ingredients

4 mushrooms, flat large, stalks trimmed,
sliced into quarters
2 garlic cloves, crushed
1 small lime, juice of
2 tbsps extra virgin olive oil
salt and pepper
Spice Mix
1/2 tsp paprika

1/2 tsp cumin
1/2 tsp coriander, ground seed
1/2 tsp dried chili, flakes
1/4 tsp allspice

Directions

1. Get a small mixing bowl: Combine in it the spice ingredients.
2. Get a large mixing bowl: Toss in it the mushrooms, garlic, lime juice and olive oil. Add the spice mix and toss them to coat. Let them sit for 12 min.
3. Before you do anything preheat the grill.
4. Grease the grill and cook in it the mushroom for 2 to 4 min on each side. Serve them hot.
5. Enjoy.

BANANAS

Assadas Quentes



Prep Time: 10 mins



Total Time: 16 mins

Servings per Recipe: 4

Calories 273.0

Fat 11.5g

Cholesterol 22.9mg

Sodium 104.6mg

Carbohydrates 44.4g

Protein 1.0g

Ingredients

3 tbsps butter, cut into small pieces
1/2 C. firmly packed brown sugar
1 tbsp lemon juice
2 medium bananas, firm and ripe

2 cinnamon sticks
rind of one lime, cut into thin strips
1/3 C. sweetened flaked coconut

Directions

1. Get a shallow microwave safe bowl: Combine in it the butter, brown sugar and lemon juice. Microwave them for 60 sec on high.
2. Discard the banana peel and slice them in half crosswise. Cut each slice in half lengthwise.
3. Dip the banana pieces in the sugar and lemon mix. Place the banana slices on a lined up baking sheet. Top them with the lime peel and cinnamon sticks.
4. Microwave them for 120 sec on high. Coat the banana pieces another time with the sugar sauce. Cook them again in the microwave for 120 sec.
5. Roll the banana pops in the coconut flakes then serve them with the remaining sauce.
6. Enjoy.

Tropical Mango Stew



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 226.2

Fat 2.7g

Cholesterol 0.0mg

Sodium 25.1mg

Carbohydrates 43.9g

Protein 9.4g

Ingredients

- 1/2 tbsp canola oil
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 medium sweet potato, peeled and diced
- 1 small red bell pepper, diced
- 3/4 lb tomatoes, diced
- 1 (16 oz.) cans black beans, well-rinsed and drained
- 3/4 C. water
- 1 mango, peeled, seeded and diced
- 1/8 C. chopped fresh cilantro
- salt, to taste (optional)

Directions

1. Place a large saucepan over medium heat. Heat the oil in it. Sauté in it the garlic with onion for 3 min.
2. Stir in the sweet potato, bell pepper, tomatoes, and water. Cook them until they start boiling. Lower the heat and put on the lid. Cook them for 16 min.
3. Stir in the beans and cook the stew for 5 min. Stir in the mango and cilantro and pinch of salt to taste. Serve your stew warm.
4. Enjoy.

ENSALADA de Papas I



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 271.7

Fat 11.2g

Cholesterol 5.0mg

Sodium 1599.0mg

Carbohydrates 39.7g

Protein 4.0g

Ingredients

2 lbs sweet potatoes

1 tbsp salt

1/2 C. drained and rinsed black beans

1/2 red onion, chopped

1/4 C. fresh cilantro, chopped

Sauce

1/2 C. mayonnaise

2 tbsps olive oil

1 tsp Dijon mustard

1 tsp Worcestershire sauce

2 tbsps red wine vinegar

1/2 tsp salt

1/2 tsp pepper

Directions

1. Cut off the top and ends of the potato and rinse them. Place them in a large pot and pour on them enough water to cover them.
2. Stir in 1 tbsp of salt and put on the lid. Cook them until they start boiling. Let them cook for 25 to 30 until the potato is tender.
3. Discard the potato skin and cut it into dices.
4. Get a large mixing bowl: Mix in it the mayonnaise, olive oil, Dijon mustard, Worcestershire sauce, red wine vinegar, 1/2 tsp salt and pepper.
5. Add to them the potato with black beans, onion and cilantro. Stir them well to coat. Place the salad in the fridge until ready to serve.
6. Enjoy.

Onion Salad

South American



Prep Time: 10 mins



Total Time: 2 hrs 10 mins

Servings per Recipe: 4

Calories 114.7

Fat 6.8g

Cholesterol 0.0mg

Sodium 3.5mg

Carbohydrates 13.3g

Protein 0.8g

Ingredients

2 large onions
2 tbsps sugar
1 tbsp red wine vinegar
2 tbsps olive oil

salt
pepper

Directions

1. Discard the onion skin and thinly slice it.
2. Get a large mixing bowl: Fill it with some ice and water. Place in it the onion rings and let it sit in the fridge for 2 h.
3. Drain the onion rings and run them under some cool water. Place them in a serving bowl.
4. Top them with the extra-virgin olive oil and red wine vinegar, and a pinch of salt and freshly ground pepper. Serve it right away.
5. Enjoy.

HOW TO

Roast Brazilian Nuts



Prep Time: 5 mins



Total Time: 8 mins

Servings per Recipe: 1

Calories 3214.3

Fat 328.3g

Cholesterol 0.0mg

Sodium 14.1mg

Carbohydrates 55.6g

Protein 64.9

Ingredients

1 lb brazil nut
2 tbsps olive oil
salt

Directions

1. Before you do anything, preheat the oven broiler.
2. Place the nuts on a lined up baking sheet. Pour over them 2 tbsps of olive oil and toss them to coat.
3. Roast the nuts in the oven for 3 to 4 min. Pat the nuts dry and season them with some salt. Serve your toasted Brazilian nuts.
4. Enjoy.

Chipotle Beans Stew with Rice



Prep Time: 1 hr



Total Time: 2 hrs

Servings per Recipe: 6

Calories 858.1

Fat 5.3g

Cholesterol 0.0mg

Sodium 426.1mg

Carbohydrates 162.0g

Protein 43.1g

Ingredients

- 5 1/2 C. dried black beans, rinsed and drained
- 1 tbsp canola oil
- 1 large yellow onion, diced
- 2 medium red bell peppers
- 1 large tomatoes, diced
- 4 garlic cloves, minced
- 1 canned chipotle pepper, chopped
- 2 C. sweet potatoes, peeled and diced
- 2 tsps dried thyme leaves
- 2 tsps dried parsley
- 1 tsp salt
- 4 C. cooked rice

Directions

1. Place a large pot over medium heat. Put in it the beans and cover it with water. Put on the lid and let it cook for 60 min.
2. Once the time is up, drain the beans and reserve 2 C. of the beans cooking liquid.
3. Place a pot over medium heat. Heat the oil in it. Sauté in it the
4. 15 mins
5. 2 hrs 15 mins onion, bell peppers, tomato, garlic, and chipotle peppers for 9 to 11 min.
6. Stir in the beans, cooking liquid, sweet potatoes, and thyme. Let them cook for 28 to 32 min.
7. Once the time is up, add the parsley with a pinch of salt to the stew. Let it cook for 8 min. serve it hot with some rice.
8. Enjoy.





SALVADOR

Chicken Stew



Prep Time: 15 mins



Total Time: 2 hrs 30 mins

Servings per Recipe: 6

Calories 112.4

Fat 1.4g

Cholesterol 0.0mg

Sodium 79.2mg

Carbohydrates 22.2g

Protein 3.8g



Ingredients

- 1 tsp olive oil
- 4 C. boneless skinless chicken breasts
- 1 large onion, sliced
- 1 1/2 green bell pepper, diced
- 1 red bell pepper, diced
- 3 garlic cloves, chopped
- 1/2 bay leaf
- 1 tsp garlic powder
- 1/4 tsp cumin
- 1/4 tsp dried oregano
- 5 (8 oz.) cans no-salt-added tomato sauce
- 2 1/2 C. water
- 1 tbsp fresh lemon juice
- 4 C. celery, chopped

Directions

1. Place a large pot over medium heat. Heat 1 tsp of oil in it. Sauté in it the chicken pieces for 3 min.
2. Stir in the onions, peppers and garlic. Cook them for 4 min.
3. Stir in the tomato sauce, water, bay leaf, garlic powder, cumin and oregano. Cook them until they start boiling. Lower the heat and cook them stew for 1 h 45 min.
4. Discard the bay leaf. Serve your stew hot.
5. Enjoy.

Spicy Pink Shrimp

 Prep Time: 20 mins
 Total Time: 50 mins

Servings per Recipe: 6

Calories	352.1
Fat	18.2g
Cholesterol	143.2mg
Sodium	1007.2mg
Carbohydrates	31.1g
Protein	16.6g

Ingredients

1 1/2 lbs raw shrimp, peeled & deveined	2 tbsps sriracha sauce
1/4 C. olive oil	2 tbsps fresh lime juice
1/4 C. onion, diced	salt and pepper
1 garlic clove, minced	
1/4 C. roasted red pepper, diced	
1/4 C. fresh cilantro, chopped	
14 oz. diced tomatoes	
1 C. coconut milk	

Directions

1. Place a large saucepan over medium heat. Heat the oil in it.
2. Cook in it the onion for 3 min. Stir in the garlic with peppers for another 3 min.
3. Stir in the tomatoes, shrimp and cilantro. Cook them for 4 min.
4. Stir in the coconut milk and Sriracha sauce. Cook them for 3 min. Stir in the lime juice with a pinch of salt and pepper. Serve your stew warm.
5. Enjoy.

BRAZILIAN Sausage



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 8

Calories 70.5

Fat 5.2g

Cholesterol 13.6mg

Sodium 205.7mg

Carbohydrates 1.7g

Protein 4.1g



Ingredients

1 1/2 lbs linguica sausage
6 oz. coarsely grated cheese

Directions

1. Before you do anything, preheat the grill and grease it.
2. Cut each sausage in a half lengthwise. Grill the sausage slices for 4 min on each side.
3. Adjust the sausages halves to make their open side facing up. Top them with the grated cheese and cook them for 4 min.
4. Serve your cheesy sausages hot.
5. Enjoy.

Potato Salad Brazilian II

 Prep Time: 20 mins
 Total Time: 20 mins

Servings per Recipe: 10

Calories 211.8

Fat 8.1g

Cholesterol 6.1mg

Sodium 197.9mg

Carbohydrates 32.8g

Protein 3.7g

Ingredients

5 - 6 medium white rose potatoes
1 medium apple, peeled cored and finely diced
1 C. carrot, cooked till tender but not mushy, diced into small cubes
1 C. frozen peas, lightly blanched and cooled
1 C. frozen corn kernels, defrosted

1 C. mayonnaise, to taste
1/2 C. sliced pimento-stuffed green olives
salt and pepper, to taste

Directions

1. Get a large mixing bowl: Mix in it all the ingredients.
2. Adjust the seasoning of the salad and serve it right away.
3. Enjoy.

BRASILEIRO

Skirts



Prep Time: 8 mins



Total Time: 48 mins

Servings per Recipe: 2

Calories 371.9

Fat 18.6g

Cholesterol 147.4mg

Sodium 151.9mg

Carbohydrates 0.0g

Protein 47.8g

Ingredients

1 whole skirt steak
sea salt (enough to coat steak)

Directions

1. Season the steak with some salt on both sides.
2. Place a pan over medium high heat. Grease it and cook in it the steak for 2 to 4 mi on each.
3. You can grill it also or bake it for 26 min on 350 F. Serve it warm.
4. Enjoy.

Habanero Rice



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 211.4

Fat 3.7g

Cholesterol 0.0mg

Sodium 298.3mg

Carbohydrates 39.8g

Protein 3.7g

Ingredients

- 1 tbsp vegetable oil
- 1 small onion, finely diced
- 1 garlic clove, minced
- 1 C. long-grain rice
- 1 habanero pepper
- 2 - 2 1/4 C. hot water
- 1/2 tsp salt

Directions

1. Place a pot over medium heat. Heat the oil in it. Cook in it the rice with garlic and onion for 5 min.
2. Stir in the chili pepper, hot water, and salt. Cook them until they start boiling.
3. Let the rice cook for 18 to 22 min or until the rice is done. Let it sit for 5 min the fluff it with a fork.
4. Discard the hot pepper and serve your rice warm.
5. Enjoy.

AMBROSIA Pudding



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 343.5

Fat 7.2g

Cholesterol 279.0mg

Sodium 107.4mg

Carbohydrates 61.2g

Protein 9.6g

Ingredients

6 eggs
1/2 C. orange juice
2 tbsps orange zest, grated
1/2 lb sugar

Directions

1. Before you do anything, preheat the oven to 300 F.
2. Get a mixing bowl: Whisk in it all the ingredients. Pour the mix through a fine mesh sieve to strain it.
3. Pour the batter in a greased 8/6 inches ceramic dish. Cook the pudding in the oven for 22 min. serve it with your favorite toppings after it cools down.
4. Enjoy.

Brasileiro Flank



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 464.2

Fat 21.9g

Cholesterol 154.2mg

Sodium 772.7mg

Carbohydrates 13.6g

Protein 52.4g

Ingredients

- 2 lbs flank steaks
- 6 garlic cloves, minced
- 1/2 small hot pepper
- 2 tsp extra virgin olive oil
- 1/4 tsp kosher salt
- 1 (14 oz) cans hearts of palm, drained, halved lengthwise and thinly sliced
- 4 medium tomatoes, chopped
- 1/2 C. red onion, chopped
- 1/2 small hot chili peppers
- 1/4 C. fresh cilantro, chopped
- 2 tbsp red wine vinegar
- 1/4 tsp kosher salt

Directions

1. Before you do anything preheat the grill.
2. Get a small mixing bowl: Mix in it the garlic, hot pepper, oil and salt. Coat the whole steak with the mix.
3. Grease the grill and cook in it the steak for 5 to 7 min on each side.
4. Get a small mixing bowl: Toss in it the hearts of palm, tomatoes, onion, hot pepper, cilantro, vinegar and salt to make the salsa.
5. Cover the steak with a piece of foil and let it sit for 6 min. Serve it with the tomato salsa.
6. Enjoy.

LIME GLAZED Sirloin



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 1311.3

Fat 77.6g

Cholesterol 456.0mg

Sodium 1488.8mg

Carbohydrates 18.9g

Protein 125.9g

Ingredients

4 sirloin steaks, 1 1/2-inches thick
1/2 C. lime juice, freshly squeezed
1/3 C. dry red wine
1 small onion, finely chopped
4 garlic cloves, finely chopped
2 tsp dried oregano
1 bay leaf
1 tsp coarse salt
1 tsp black pepper

Sauce

5 malgueta bell peppers
1 tsp salt
1 small white onion, finely diced
4 large garlic cloves, chopped
3 limes, juice of
1/2 bunch Italian parsley, chopped

Directions

1. Get a food processor: Combine in it the sauce ingredients and process them until they become smooth to make the sauce. Place it aside. Lay the steaks on a roasting pan and place it aside.
2. Get a small mixing bowl: Mix in it the lime juice with red wine, onion, garlic, oregano, bay leaf, salt and pepper to make the marinade. Coat the steaks completely with the marinade and place them in the fridge for at least 4 h.
3. Before you do anything preheat the grill and grease it.
4. Drain the steaks and cook them for 7 to 9 min on each side. Serve your steaks warm with lime sauce.
5. Enjoy

Goya Recaito and Seafood Stew



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 496.8

Fat 30.5g

Cholesterol 121.8mg

Sodium 705.1mg

Carbohydrates 24.8g

Protein 32.2g

Ingredients

2 tbsp olive oil
1 onion, chopped fine
4 C. chicken stock
4 tbsp goya recaito
2 tbsp tomato paste
14 oz coconut milk
12 littleneck clams
12 mussels
Garnishes
1/2 lb large shrimp

2 lobster tails, snipped in half lengthwise
before serving
red pepper, stripped
green pepper, stripped
fresh cilantro
lemon wedge
lime wedge
chili oil

Directions

1. Place a large saucepan over medium heat. Heat some oil in it. Cook in it the onion for 6 min.
2. Stir in the stock, cilantro cooking base, tomato paste and coconut milk. Bring them to a boil. Lower the heat and put on the lid. Let them cook for 22 min.
3. Stir in the seafood put on the lid. Let them cook for 6 min. Serve your seafood warm.
4. Enjoy.





CARAMELIZED Bananas



Prep Time: 15 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 4

Calories 251.3

Fat 0.3g

Cholesterol 0.0mg

Sodium 3.5mg

Carbohydrates 64.7g

Protein 1.2g

Ingredients

4 bananas

12 tbsp sugar

2 C. water

Directions

1. Place a heavy saucepan over medium heat. Stir in it the sugar until it completely melts.
2. Stir in the water until the sugar dissolves. Stir in the bananas and cook them until they start boiling. Lower the heat and let them cook for 2 h.
3. Serve your caramelized bananas with some ice cream.
4. Enjoy.

Spanish Rice Fritters



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 1

Calories 37.1

Fat 0.5g

Cholesterol 17.8mg

Sodium 103.9mg

Carbohydrates 6.7g

Protein 1.2g

Ingredients

1 egg, lightly beaten
1 small onion, finely chopped
1 green scallion, finely chopped
1 tbsp fresh parsley, chopped
3 - 4 tbsp flour
1/2 tsp salt

1 tbsp milk
1 C. leftover cooked rice
vegetable oil

Directions

1. Get a mixing bowl: Whisk in it the egg, onion, scallion, parsley, flour, milk and salt. Add the rice and mix them well.
2. Place a large pan over medium heat. Heat about 1/4 inch of oil in the pan.
3. Use a tsp to drop the mix in round shape and cook them until they become golden brown.
4. Serve your fritters with your favorite dipping sauce.
5. Enjoy.

MUSHROOM

Stroganoff South American



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 5

Calories 792.5

Fat 62.9g

Cholesterol 200.7mg

Sodium 1456.8mg

Carbohydrates 15.7g

Protein 41.5g

Ingredients

- 1 tbsp butter
- 2 tbsp butter
- 2 lbs filet mignon
- 1 onion, medium-sized and chopped
- 1/2 lb mushroom, slivered
- 5 tbsp soy sauce
- 1 fluid oz cognac
- 12 oz table cream
- 5 tbsp ketchup
- 2 tbsp mustard
- 1 tbsp flour
- 12 oz milk

Directions

1. Sprinkle some salt and pepper over the mignon fillet.
2. Place a large skillet over medium heat. Melt 1 tbsp of butter in it. Brown in it the mignon fillet for 2 to 3 min on each side. Place it aside.
3. Melt the remaining butter in the same skillet. Sauté in it the onion for 4 min. Stir in the mushroom with the filet mignon and cook them for 6 min.
4. Get a large mixing bowl: Whisk in it the table cream, ketchup, mustard, salt and pepper. Add the milk with flour and whisk them until no lumps are found.
5. Pour the mix all over the mushroom and filets then let them cook for 7 to 9 min. Once the time is up, serve your creamy stroganoff skillet warm.
6. Enjoy.

Bananas do Amor



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 12

Calories 135.9

Fat 4.1g

Cholesterol 5.0mg

Sodium 54.3mg

Carbohydrates 25.9g

Protein 0.9g

Ingredients

6 medium bananas, halved lengthwise	1/8 tsp salt
1/2 C. fresh orange juice	2 tbsp butter
1 tbsp fresh lemon juice	1 C. flaked coconut
1/2 C. white sugar	

Directions

1. Before you do anything preheat the oven to 400 F. Grease casserole dish with some butter.
2. Lay the banana slices in the greased dish and place it aside.
3. Get a mixing bowl: Whisk in it the orange juice, lemon juice, sugar and salt. Drizzle the mix all over the banana slices.
4. Place the dish in the oven and cook it for 16 min. Garnish your banana pan with coconut flakes then serve it with some ice cream.
5. Enjoy.

LATIN

Tip Roast



Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 32.5

Fat 0.7g

Cholesterol 0.0mg

Sodium 471.4mg

Carbohydrates 5.6g

Protein 0.9g

Ingredients

1 1/2-2 lbs sirloin tip roast
1/2 tsp garlic powder
2 onions, sliced
1/2 C. beef broth
1/2 C. strong black coffee
1 tsp salt

1/4 tsp oregano
1/4 tsp rosemary
1/4 tsp pepper
2 tbsp flour
1 tsp margarine

Directions

1. Before you do anything preheat the oven to 350 F.
2. Slice the sirloin into small pieces. Toss them in a casserole dish with the garlic powder, onions, liquids and seasonings.
3. Cook it in the oven for 60 min. Once the time is up, serve your sirloin gravy with some noodles.
4. Enjoy.

Camarão de Coco



Prep Time: 10 mins



Total Time: 35 mins

Servings per Recipe: 2

Calories	751.0
Fat	36.3g
Cholesterol	286.4mg
Sodium	1323.5mg
Carbohydrates	66.8g
Protein	43.7g

Ingredients

1 lb large shrimp, peeled & deveined
1/2 C. chopped onion
2 tbsp palm oil
1/4 C. chopped garlic
1/2 C. chopped fresh cilantro
1/2 C. walnuts
1/2 C. chopped tomato
1 C. chopped broccoli
1/4 coconut milk
2 tsp paprika

1 tsp coriander
1/4 C. chopped fresh parsley
1 tsp thyme
1/2 tsp lemon juice
3 dried red chilies, chopped finely
1/2 C. rice

Directions

1. Place a large saucepan over medium heat. Heat the oil in it. Sauté in it the paprika and the onion for 3 min.
2. Stir in the garlic, coriander, thyme, parsley, cilantro, chilies, and walnuts. Let them cook for 4 min.
3. Stir in the tomato and let them cook for an extra 6 min.
4. Once the time is up, stir in the coconut milk, with broccoli and shrimp. Cook them for 6 min. Serve your shrimp pan warm.
5. Enjoy.

CARROT CAKE

with Cocoa Glaze



Prep Time: 20 mins

Total Time: 50 mins

Servings per Recipe: 16

Calories 247.3

Fat 9.9g

Cholesterol 50.8mg

Sodium 121.1mg

Carbohydrates 36.1g

Protein 4.0g

Ingredients

4 -5 medium sized carrots, peeled and chopped
1 C. sugar
4 eggs
1/2 C. vegetable oil
2 1/2 C. flour
1 pinch salt
1 tbsp baking powder

Glaze
3 tbsp cocoa
2 tbsp butter
1/4 C. milk
1/2 C. sugar

Directions

1. Before you do anything, preheat the oven to 375 F. Grease a baking dish with some butter.
2. Get a food processor: Place in it the eggs, sugar, oil, and carrots. Process them until they become smooth.
3. Get a large mixing bowl: Combine in it the eggs mix with flour and whisk them until no lumps are found. Add the baking powder and mix them again.
4. Pour the batter in the baking pan and cook it in the oven for 32 min.
5. Place a heavy saucepan over medium heat. Stir in it the cocoa with butter, milk and sugar. Cook the mix until it starts boiling while stirring all the time.
6. Pour the mix all over the cake after it cools down completely. Place the cake in the fridge for at least 30 min then serve it.
7. Enjoy.

How to Grill a Steak Brazilian Street Style



Prep Time: 4 hrs



Total Time: 4 hrs 25 mins

Servings per Recipe: 6

Calories 252.6

Fat 18.7g

Cholesterol 52.2mg

Sodium 38.2mg

Carbohydrates 2.4g

Protein 18.1g

Ingredients

- 1 untreated cedar plank
- 1/2 C. balsamic vinaigrette dressing
- 1/2 C. finely chopped onion
- 1/2 C. chopped fresh parsley
- 1/4 C. chopped cilantro
- 2 garlic cloves, minced
- 1 dash crushed red pepper flakes
- 1 beef flank steak
- 1 tbsp oil

Directions

1. Place the cedar plank in a large dish and top it with a heavy object. Cover the plank with water completely and let it sit for an overnight.
2. Get a mixing bowl: Whisk in it the dressing, onions, parsley, cilantro, garlic and red pepper.
3. Get a large zip lock bag: Pour in it 1/2 C. of the dressing with the steak. Close the bag and shake the coat the steak with it. Place it in the fridge for 2 h.
4. Before you do anything, preheat the grill.
5. Drain the steak and cook it for 4 min on each side.
6. Drain the cedar plank from the water and grease it with some oil. Place it on the grill and put the steak on it. Put on the lid and cook them for 18 over medium heat.
7. Once the time is up, wrap the steak completely with a piece of foil and place it aside to rest for 6 min.
8. Serve your grilled steak with the remaining dressing.
9. Enjoy.

CARIBBEAN Tilapia Stew



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 955.2

Fat 45.0g

Cholesterol 364.8mg

Sodium 1577.6mg

Carbohydrates 93.4g

Protein 51.1g

Ingredients

- 1 lime, juice of
- 1 tbsp ground cumin
- 1 tbsp paprika
- 4 garlic cloves
- 1/2 tsp salt
- 1 tsp ground black pepper
- 1 serrano chili, diced
- 1 1/2 lbs tilapia fillets, cut into three by three inch pieces
- 2 tbsp olive oil
- 2 onions, chopped
- 4 large bell peppers, diced
- 1 (16 oz) cans diced tomatoes, drained
- 1 (6 oz) cans tomato paste
- 1 (16 oz) cans whole coconut milk
- 2 tbsp palm oil
- 2 tbsp fish sauce
- 1 bunch fresh cilantro, chopped (optional)
- 6 hard-boiled eggs

Directions

1. Get a large mixing bowl: Whisk in it the lime juice, cumin, paprika, garlic, salt and pepper. Add the tilapia pieces and mix them to coat.
2. Cover the bowl with a plastic wrap and place it in the fridge for 14 min.
3. Place a pot over medium heat. Heat the oil in it. Sauté in it the onion with chilies and cook them for 3 min. Lower the heat and add the tomato paste.
4. Stir it the diced tomato with bell peppers and coconut milk. Put on the lid and let it cook for 28 min.
5. Once the time is up, stir the tilapia mix into the pot with the 2/3 of the chopped and stemmed cilantro. Let them cook for 7 min.
6. Serve your stew warm and garnish it with the hard boiled eggs.
7. Enjoy.

Rice

Apple Shrimp Salad



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 381.8

Fat 15.0g

Cholesterol 210.9mg

Sodium 1016.0mg

Carbohydrates 43.8g

Protein 18.1g

Ingredients

- 2 C. cooked rice
- 1 granny smith apple, cut into strips
- 1/2 avocado, sliced
- 1 tbsp chopped pimiento
- 1 C. cooked peas
- 1 tbsp lemon juice
- 1 tbsp white vinegar
- 2 tbsp olive oil
- 1 tsp mustard
- 1 tsp salt
- 1/4 tsp black pepper
- 1/2 head lettuce, shredded
- 3 eggs, hard-boiled
- 1/2 lb shrimp, cooked

Directions

1. Get a large mixing bowl. Mix in it the rice with apple, avocado, pimiento and peas.
2. Get a small mixing bowl: Whisk in it the lemon juice, vinegar, olive oil, mustard, salt and pepper. Add it to the rice mix and toss them to coat.
3. Place the salad in the fridge for 2 h. Serve it with some lettuce, shrimp and hard boiled eggs.
4. Enjoy.

BRAZILIAN

Long Grain II



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 3

Calories 262.1

Fat 4.1g

Cholesterol 10.1mg

Sodium 38.1mg

Carbohydrates 50.3g

Protein 4.2g

Ingredients

1 tbsp butter
1 C. white rice
salt

Directions

1. Place a large saucepan over medium heat. Heat 1 tbsp of butter in it.
2. Stir in the rice and cook it for 3 min. Stir in 2 C. of water with a pinch of salt. Bring it to a boil.
3. Put on the cover and let it cook for 16 min over medium heat. Turn off the heat and let it sit for 6 min. Serve it warm.
4. Enjoy.

**ENJOY THE RECIPES?
KEEP ON COOKING
WITH 6 MORE FREE
COOKBOOKS!**



Visit our website and simply enter your email address to join the club and receive your 6 cookbooks.

<http://booksumo.com/magnet>

 <https://www.instagram.com/booksumopress/>

 <https://www.facebook.com/booksumo/>

