



Cooking with OFS

Recipe

Peruvian Green Beans with Chicken



For # people

6 servings



Cooking time

45 minutes

Ingredients:

- 1 tablespoon canola oil, divided
- 3 cloves garlic, minced
- 2 jalapeno peppers, seeded and diced
- 1 1/2 pounds chicken, cut into 1-inch cubes
- 6 tablespoons soy sauce, divided
- 1 tablespoon ground cumin, divided
- 1 red onion, halved and sliced
- 4 roma (plum) tomatoes, cut into eighths
- 2 cups packages frozen French-style green beans,
- 3 tablespoons white wine vinegar
- 1 pinch salt to taste
- 1 cup chopped cilantro.

Directions:

- Heat half the canola oil in a wok or large skillet over medium-high heat. Saute garlic and jalapeno peppers in hot oil until fragrant, about 1 minute. Add chicken to the wok. Stir half the soy sauce and half the cumin into the chicken mixture; cook just until the chicken is no longer pink in the middle, 5 to 7 minutes. Transfer mixture to a bowl, retaining some of the drippings in the skillet and return to heat. Heat remaining oil in the skillet with the retained drippings. Stir onion with the remaining soy sauce and cumin into the oil mixture; cook and stir until the onion is transparent, about 5 minutes.
- Add tomatoes to the onion mixture; cook and stir until the tomatoes begin to soften, about 1 minute.
- Return chicken mixture to the wok; add green beans and vinegar.
- Cook and stir the mixture until the green beans are tender, about 10 minutes. Season with salt and sprinkle cilantro over the mixture; toss to mix.
- I used fresh-from-the-garden green beans as well but steamed them briefly first so that they wouldn't be hard.
- I used serrano peppers
- Chicken can be marinated or seasoned the day before and it will have more flavour
- Serve over cooked rice or cooked quinoa.



Cooking with OFS

Recipe

Colombian Lentils



For # people

4 servings



Cooking time

1 hour

Ingredients:

- 2/3 cup lentils
- 2 cups water or to taste
- 3 small tomatoes, chopped
- 2 small onions, chopped
- 2-3/4 teaspoons ground cumin
- Salt and pepper to taste
- 1 tablespoon corn oil
- 2-3/4 small yellow potatoes, cubed.

Directions:

- Combine the lentils, water, tomato, onion, cumin, salt, and vegetable oil in a pot over medium heat; bring to a boil. Cook and stir it, boil until the lentils are soft, about 30 minutes. Add the potatoes and cook until the potatoes are tender, about 15 minutes more.
- Addition of garlic and it turned out great.
- Served it over quinoa for a healthy and comforting meal. For those who felt this recipe was bland or needed something a squeeze of lemon juice is a nice touch.
- Add 2 small diced carrots just for more color.
- Can use cauliflower for the potatoes because to avoid starches. It is great!
- Served it over brown rice for a healthy meatless meal.
- To make it more "Colombian" you sautee some chorizo(fresh sausage) cut up in small pieces and add it to the "lentejas"(lentils) YUMM!



Cooking with OFS

Recipe

Easy Spanish Rice with Beans



For # people

4 servings



Cooking time

45 minutes

Ingredients:

- 2 tablespoons vegetable oil
- 1 1/2 cups of dry rice
- 3 cloves of garlic (finely chopped)
- 1 medium onion (finely chopped)
- 2 cup of chicken/veggie broth.
- 1 cans of beans, drained + rinsed (black/kidney/medley - use your favourite beans)
- Fresh Cilantro (chopped, about 1/2 cup)
- Sprinkle of salt and pepper to taste.

Directions:

- Heat the oil in a large sauce pan over medium heat.
- Add in the onion and saute until soft (about 1-2 min).
- Add in the rice, mix with the onion and cook for about 5 minutes or until the rice gets a golden color.
- Add in the garlic and saute for one more minute.
- Pour in the broth and salsa on the rice (try to not add it directly onto the hot pan), add the beans, salt and pepper and stir it up. Bring to a boil.
- Turn the heat to low and cover, rice should simmer for about 25 minutes.
- Mix well, add fresh cilantro and serve.
- Notes
- You can also wrap it up in a tortilla and add some grated cheese, low fat yogurt and lettuce for a delicious veggie taco/burrito.



Cooking with OFS

Recipe

BOLIVIAN SILPANCHO



For # people

4 servings



Cooking time

55 minutes

Ingredients:

- 1.5 lbs thin sliced top sirloin
- 8 eggs assuming 2 eggs per person, adjust as needed.
- 1 cup olive oil
- 8 medium yucon potatoes
- 4 tomatoes on the vine or 6 roma tomatoes since those are smaller
- 1 small red onion
- 1 green bell pepper
- fresh parsley for garnishing
- salt/pepper to taste
- 2 cups breadcrumbs
- 2 cups rice You can cook this the night before
- 1 tbsp red wine vinegar

Directions:

- Put the potatoes in a pot covered with water, turn heat to high. Boil until you can pierce them but be careful not to overdo it.
- Cook rice separately, you can even do this the night before.
- While the potatoes boil, pound the beef slices with a meat mallet and then coat them with breadcrumbs. Season with salt and pepper at this point too. Fry meat in hot oil for about 1-2 minutes each side depending on how thin the meat is. Remove from frying pan and place in a plate with paper towel. Let it cool there while you fry the rest. The paper towel will absorb the oil from the meat.
- Once the potatoes have boiled and are soft enough to pierce with a fork, put them aside to cool for a bit, then peel them.
- Cut them in medallion shapes and fry them on each side, sprinkle with salt and place them in another plate with paper towel to absorb the oil. While you are frying the potatoes, chop tomatoes, onion and green pepper in diced shape. Mix them together in a bowl. Add 2 spoons of olive oil, 1 tbsp of red wine vinegar and salt to taste. Mix well and put aside.
- Lastly, fry the eggs. Usually the preferred choice for this dish is sunny side up.
- Put the plate together.
- You can put rice on bottom, then steak on top or rice on the side and the steak on the other side of the plate. It's up to your taste. Add fried potatoes on the side. Put the egg on top of the steak, add salad all around as desired and decorate with parsley.



Cooking with OFS

Recipe

Sopa de Mani or Peanut Soup (Bolivia)



For # people

4 to 6 servings



Cooking time

1 hour and 15 minutes

Ingredients:

- 1 cup roasted peanuts shelled, peeled
- 3 garlic cloves
- 1 white onion medium, chopped
- 1 lb chuck roast beef cut in chunks
- 3 tbsp olive oil
- 1 cup green peas
- 1 red pepper use half chopped for the soup and half for decoration at the end
- 1 medium chopped carrots
- 2 celery stalks, chopped
- 1 medium potato, cubed
- 1 thai chilli, chopped (optional)
- ¼ tsp turmeric
- chopped parsley for garnish
- sweet potatoes fries for garnish.
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Directions:

- Boil the peanuts for about 30 minutes, set aside to cool down.
- Sauté the chopped onions & minced garlic in olive oil until onion becomes translucent. Keep heat on medium.
- Add beef chunks and mix well so the meat can brown on both sides.
- Add chopped celery, carrots, red peppers and green peas. Blend the boiled peanuts with 1 cup of water, I use several settings in my blender to make sure the mixture is really liquefied. At the end it should look like very smooth.
- Add the peanut mixture to the pot, mix well with the meat and vegetables. Add 2 cups of hot water and mix everything well.
- Cut the potato in cubes and add them to the soup. Stir everything well, add turmeric and thai chilli if you like the soup spicy. Add salt to taste, go slow with salt if you are using roasted peanuts because they do have some salt to start with.
- Cover the pot and lower the temperature from medium to low heat, let the soup cook for about 30 minutes or until meat is tender and soft to eat.
- Serve it and decorate with parsley, red pepper strips & sweet potatoes fries.Xxxxx



Cooking with OFS

Recipe

Chicken and Red Bell Pepper Salad Sandwiches (Chilean)



For # people

4 to 6 servings



Cooking time

1 hour

Ingredients:

- 6 skinless, boneless chicken breast halves
- 1-1/2 red bell pepper, seeded
- 3/4 greek yogurt
- 3 tablespoons mayonese
- 1 pinch salt and pepper to taste
- 12 slices white bread Xxxx

Directions:

- Bring a large pot of water to a boil; add chicken and cook until no longer pink in the center and the juices run clear, about 20 minutes. Drain, cool and chop.
- Bring a small pot of water to a boil; add the bell pepper and cook until soft, about 10 minutes or roast red pepper on fire and peel and chop it small.
- Combine the bell pepper, chicken, yogurt and mayonnaise in a food processor. Blend until mostly smooth. Season with salt and pepper. Spread about half of the mixture on each of two slices of bread and sandwich with the remaining bread.
- Serve it with sliced tomatoes.



Cooking with OFS

Recipe

Traditional Chilean Stew



For # people

6 to 8 servings



Cooking time

1 hour and 20 minutes

Ingredients:

- 5 medium red potato peeled, cut into 1/2-inch cubes
- 1 lb. butternut squash, peeled, cut into 1/2-inch cubes
- 6 cups beef broth
- 1 lb. boneless beef, cut into 1/2-inch cubes
- 1 onion, coarsely chopped
- 3 cloves garlic, chopped
- 1 Tbsp. paprika
- 1 Tbsp. dried oregano leaves
- 1 tsp. pepper
- 2 cups frozen mixed vegetables (peas, corn and carrots)
- 1/2 cups fresh coriander chopped for garnish.

Directions:

- Bring potatoes, squash and broth to boil in stockpot on medium-high heat; simmer on low heat 10 min.
- Meanwhile, cook meat, onions and garlic in large skillet on medium-high heat 5 min. or until meat is browned, stirring occasionally. Add seasonings; cook 5 min., stirring frequently.
- Add to potato mixture in stockpot; stir. Simmer 30 min., stirring occasionally. Stir in mixed vegetables; simmer 10 min., stirring occasionally.
- Serve hot and garnish with fresh coriander.