



# Cooking with OFS

## Recipe

## Ecuadorian chicken fried rice



For # people

6 to 8 servings



Cooking time

1 hours and 30 minutes.

### Ingredients:

#### To Cook the Rice

- 2 tbsp oil
- 1 small onion diced
- 3 ¼ cups chicken broth
- 2 cups uncooked rice
- Salt to taste
- For stir-fried
- 2-3 tbsp oil
- 1 cup diced white onions
- 6 garlic cloves crushed
- 4 oz pancetta or diced bacon
- 1 boiled chicken breast or any other piece of cooked chicken.

- 3 tbsp finely chopped cilantro
- 2 tbsp hot pepper powder(optional)
- 1 tsp ground cumin
- ½ tsp paprika powder
- 2 bell peppers 1 red and 1 green, diced
- 1 cup frozen peas
- 2 cooked carrots diced (1 cup)
- ½ cup raisins
- 6 eggs scrambled
- 7 tbsp soy sauce
- 2 tbsp Worcester sauce
- 3 tbsp finely chopped cilantro/parsley
- 2 bunches scallions or green onions finely chopped

### Directions:

- To cook the rice, heat the oil, add the onions and the rice, stir well. Then add the broth, bring to a boil, then reduce heat to low, cover and simmer for about 20 minutes.
- Cut the boiled chicken breast in small cubes and reserve the chicken meat for later.
- Heat 2Tbsp oil over medium heat in a large pan to prepare a refrito or base for the stir-fried.
- Add the chopped onions, diced pancetta, crushed garlic, 1 tbs Worcester sauce, 1 tbs soy sauce, cumin, cilantro, hot pepper powder, and paprika powder; cook for about 5-8 minutes or until the onions are soft.
- Add the cooked rice, chicken meat, and diced bell peppers. Stir well and cook over medium high heat for 5 minutes, stirring occasionally.
- Stir in the remaining soy sauce, remaining Worcester sauce, scrambled eggs, peas, carrots, raisins, mix well.
- Add the chopped herbs and green onions.
- Serve with avocado slices, aji or hot sauce, pickled red onions or curtido, and ketchup (or spicy ketchup).



# Cooking with OFS

Recipe

## Sancocho (Chicken soup)



For # people

6 to 8 servings



Cooking time

1 hour and 40 minutes

### Ingredients:

- 2 Tbsp Olive oil
- 1 1/2 pounds boneless, skinless chicken thighs, cut into 1/2-inch pieces
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- Salt and freshly ground black pepper to taste
- 1 ear corn, cut into 1-inch pieces
- 1 carrot, diced
- 1/4 cup diced green plantain
- 1/4 cup diced sweet potato
- 6 cups chicken broth
- 1/2 cup chopped fresh cilantro
- 4 green onions, sliced
- 1/2 cup diced boiled yucca

Boiled quinoa or rice, for serving.

### Directions:

- Heat 2 tablespoons olive oil in a medium pot. Add the chicken, garlic powder, oregano and some salt and pepper, and brown for about 10 minutes.
- Add the corn, carrots, plantains and sweet potatoes to the pot and cook for 10 minutes.
- Add the chicken broth and bring to a boil. Lower the heat and simmer for 45 minutes.
- Add the cilantro, green onions and yucca, and simmer for another 10 minutes.
- Serve with a side of quinoa or rice. Xxxxx



# Cooking with OFS

Recipe

## Mexican Beef Picadillo



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 1 ½ Tablespoons vegetable oil
- 1 lb ground beef
- 1 medium white onion chopped
- 2 garlic cloves
- 1 serrano pepper or green pepper chopped.
- 5 medium diced potato
- 1 lb tomatoes diced (About 2 large tomatoes)
- 1 beef bouillon cube
- 1/3 cup chopped cilantro
- Salt and pepper to taste

### Directions:

- Heat oil in a large skillet; once oil is hot add the ground meat to cook. Break up large lumps of meat using a wooden spoon to make sure all the little pieces are well cooked. Fry until brown, about 8 minutes.
- Add the onion and garlic. Stir and cook for about 1 minute, just enough to allow the onion to get transparent, then add Serrano pepper or green pepper plus diced potatoes. Stir and keep cooking until potatoes are slightly tender, but still firm. This will take about 5 more minutes since you will still keep cooking them when you add the tomatoes.
- Now, add the diced tomatoes and beef bouillon and stir again. The tomatoes will release their juices and the beef bouillon will dissolve, adding more flavor to the picadillo.
- Place a lid on your skillet and lower the heat. Keep cooking the picadillo until your potatoes are completely cooked and the tomatoes have formed a thick sauce.
- Finally, season with salt and pepper and add the chopped cilantro.
- Serve with rice and warm corn tortillas. Enjoy!



# Cooking with OFS

Recipe

## Success One Pan Taco Dinner



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 2 cups cooked White or Brown Rice or quinoa.
- 1 Tbsp corn oil
- 1 pound lean ground beef
- 1 packet taco seasoning mi
- 1/2 cup water
- 1 cup shredded cheddar cheese
- 2 cups shredded lettuce
- 1 large tomato, chopped
- Salsa, optional

### Directions:

- Coat a large non-stick skillet with oil . Add meat and brown over medium-high heat; drain off excess fat.
- Add seasoning and mix with water and cooked rice. Bring to a boil, reduce heat and simmer for 5 minutes. Sprinkle with cheese. Top with lettuce and tomato just before serving.
- Serve with salsa and tostitos if desired.



## Cooking with OFS

Recipe

# GALLO PINTO (COSTA RICAN BEANS AND RICE)



For # people

6 to 8 servings



Cooking time

35 minutes

### Ingredients:

- 2 tablespoons light-tasting oil (vegetable, mild olive, canola)
- 1 red bell pepper , chopped
- 1 small yellow onion , chopped
- 2 cloves garlic , minced
- 1 tsp ground cumin
- 2 cups cooked black beans , in 3/4 cup reserved cooking liquid
- 2 Tbsp Worcestershire Sauce
- 3 cups cooked rice , preferably, day-old and refrigerated
- 1/4 cup chopped fresh cilantro

### Directions:

- Heat oil in a large skillet over medium-high heat until shimmering. Sauté chopped bell pepper and onions until peppers are soft and onions are translucent, about 6-8 minutes. Add minced garlic and cook for 1 minute, until fragrant.
- Add black beans, reserved cooking liquid, Worcestershire Sauce, cumin stirring to combine. Simmer for 5 minutes, until slightly thickened and little bit of the liquid is evaporated. Gently stir in cooked rice and cook until heated through and most of the liquid is absorbed, but not dry, about 3-5 minutes. Stir in chopped cilantro. Season to taste with additional Worcestershire Sauce (I added about a tablespoon extra).
- Can add EXTRA Worcestershire Sauce and ground cumin to the rice to bring some of the smokiness flavour. Xxxxx
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# Cooking with OFS

Recipe

## Bean and Butternut Squash Stew



For # people

6 servings



Cooking time

1 hours and 40 minutes

### Ingredients:

- 1 medium white onion, finely chopped
  - 1 large red bell pepper, stemmed, seeded, and coarsely chopped
  - 2 garlic cloves, very finely chopped
  - 6 cups chicken stock (low-sodium)
  - 1 medium butternut squash (about 3/4 pound), peeled, seeded, and cut into 1/2-inch cubes)
  - 2 cups black-eyed peas, cooked or from a can.
  - 2 tablespoons Garlic-Chipotle Love, recipe follows
  - 1 1/2 cups corn kernels, fresh or frozen
  - 1/4 cup thinly sliced fresh basil leaves
  - Salt and freshly ground black pepper
- Rice and salsa, for serving
- Garlic-Chipotle Love:**
- 1 cup canola oil
  - 12 garlic cloves, peeled
  - 3 tablespoons chopped canned chipotle chiles in adobo sauce
  - 1/4 cup chopped fresh cilantro
  - Grated zest of 1 lime
  - Salt to taste

### Directions:

- Add the onion, bell pepper, and garlic to the hot oil in a soup pot and cook until the onion is tender and translucent, about 6 minutes. Pour in the chicken stock and add the squash cubes. Bring to a boil, then reduce the heat and simmer, stirring occasionally, until the squash is tender, 15 to 20 minutes.
- Add the black-eyed peas, Garlic-Chipotle Love and corn.
- Simmer until the picadillo has thickened and the flavors come together, about 12 minutes.
- Stir in the basil and salt and pepper to taste. Divide among six bowls, and serve with rice and salsa(optional)

#### **Garlic-Chipotle Love:**

- Preheat the oven to 300 degrees F. Pour the oil into a heavy ovenproof medium saucepan and add the garlic.
- Cover the pot with foil, put it in the oven, and cook until the garlic turns a nutty brown and is really soft (think cream cheese), about 45 minutes.
- Remove the pot from the oven and let the garlic and oil cool to room temperature.
- Put the garlic and the now garlic-infused oil in a food processor or blender. Add the chipotles and sauce, cilantro, lime zest, and salt and puree until the mixture is very smooth.
- Store in the fridge in a tightly covered container for up to 2 weeks or freeze for up to a month.



# Cooking with OFS

Recipe

## Brazilian Black Bean Stew



For # people

6 servings



Cooking time

40 minutes

### Ingredients:

- 2 strips bacon, diced
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- ½ cup chopped fresh cilantro (optional)
- 2 cloves garlic, minced
- 1 bay leaf
- 3 cups black beans, cooked
- 1/3 cup chicken broth, or more as needed
- 3/4 teaspoon vinegar
- salt and ground black pepper to taste
- 3/4 dash hot sauce to taste (optional)

### Directions:

- Cook bacon in a pot over medium heat until almost crisp, 3 to 5 minutes. Add onion and green pepper to the bacon; cook and stir until onion is translucent, about 5 minutes.
- Mix in cilantro, garlic, and bay leaf; cook and stir until flavors combine, 1 to 2 minutes. Stir beans, chicken broth, vinegar, salt, pepper, and hot sauce into the onion mixture; cover and let simmer until the flavors combine, 10 to 15 minutes. Add more chicken broth if you would like the beans to be more soupy.
- Serve with sliced avocados.