



Lentils and Rice

Ingredients

- 1/2 cup lentils
- 1 cup rice
- 2 onions
- 4 cups stock
- 2 tomatoes
- 4 garlic cloves
- 2 chipotles in adobo
- 1/2 teaspoon cumin
- pinch of cinnamon
- 1.5 teaspoons salt
- freshly cracked black pepper
- 1 tablespoon olive oil

Instructions

1. Thinly slice 2 onions. Add them to a tablespoon of oil and cook over medium heat for 20-40 minutes, stirring regularly. I season them with pinches of salt throughout the caramelization process.
2. Roast two tomatoes in a 400F oven for 20-25 minutes.
3. Add 1/2 cup of lentils to a heaping cup of water in a saucepan. Bring to a boil and then let simmer for 10-15 minutes or until most of the water is absorbed. Drain and set aside.
4. When the onions are mostly caramelized, add the two roasted tomatoes to a blender or food processor along with 2 chipotles in adobo and 4 garlic cloves. Combine well.
5. Set aside some of the caramelized onions for garnish if you want.
6. Add 4 cups of stock (or water) and one teaspoon of salt to the caramelized onions. Bring to a boil and then let simmer for a few minutes.
7. Add the parboiled lentils, the tomato-chipotle mixture, one cup of rice, 1/2 teaspoon of cumin, a pinch of cinnamon, and some freshly cracked pepper. Combine well and then bring to a boil. Reduce heat and let simmer until most of the liquid is absorbed.
8. Take a taste for seasoning (I added another 1/2 teaspoon of salt). Remove from heat, cover, and let sit in its own steam for 5-10 minutes.
9. Serve immediately and store leftovers in an airtight container in the fridge.

Pinto Bean Dish

Ingredients

- 1 pound dried pinto beans, rinsed
- 4 cups water, or as needed
- 2 (10 ounce) cans diced tomatoes with green chile peppers (such as RO*TEL®)

- 1 yellow onion, chopped
- 1 tablespoon chili powder, or to taste
- 1 tablespoon ground cumin, or to taste
- 1 ½ teaspoons garlic powder, or to taste
- ½ bunch fresh cilantro, chopped
- salt to taste

Directions

1. Place pinto beans into a large pot and pour in enough water to cover by 2 to 3 inches. Let beans soak overnight.
2. Drain beans, return to pot, and pour in fresh water to cover; add tomatoes, bacon, onion, chili powder, cumin, and garlic powder. Bring to a boil, reduce heat to low, and simmer for 3 hours. Check the beans occasionally and add more water if needed.
3. Stir cilantro and salt into beans simmer until beans are soft, about 1 more hour.

Green Noodles (Spaghetti)

Ingredients

1. 1 kilo noodles
2. 1/2 cup evaporated milk
3. 250 grams basil leaves
4. 1/2 kilo spinach leaves
5. 1/4 cup chopped walnuts
6. 1/2 cup oil
7. 300 grams of fresh cheese
8. Salt to taste

How to prepare green noodles?

Step 1

First you need to cook the noodles in plenty of salted water, once they are ready, drain them and place them in the pot.

Step 2

To make the green sauce you must boil in a pot water and spinach leaves **for 1 minute**. Then, remove them and drain.

Step 3

Fry the basil leaves in a pan lightly. Then, place them in the blender glass next to the spinach, milk, cheese, salt and a stream of oil. Blend until you have a kind of cream.

Step 4

Add the **sauce over the noodles** already cooked to taste, heat and serve. If you like you can accompany with Parmesan cheese.



Peruvian Locro (Butternut Squash)

Ingredients

- 1 large butternut squash, peeled and cut into chunks
- water to cover
- salt to taste
- $\frac{3}{4}$ (12 ounce) can evaporated milk (such as PET®)
- $\frac{1}{2}$ cup butter
- 1 (16 ounce) package frozen corn
- 1 (16 ounce) package frozen sweet peas
- 2 cups grated Cheddar cheese
- 3 cups cooked basmati rice

Directions

1. Place squash in a large pot and add enough water to cover; season with salt. Bring water to a boil and cook until squash is tender, about 20 minutes. Drain squash and return to pot.
2. Mash squash with a potato masher; add evaporated milk, butter, and salt and beat with an electric mixer until smooth and creamy. Stir corn, peas, and Cheddar cheese into squash mixture; cook and stir over medium-low heat until cheese is melted, about 10 minutes.
3. Serve squash mixture over rice.

Cook's Note:

If squash mixture is too thick, add remaining evaporated milk.