

# **COCINA CON NOSOTROS!**

## **(COOK WITH US)**



In celebration of Hispanic Heritage Month, Azul Unidos would like to invite you into our kitchens with this small collection of recipes. This virtual cookbook from the committee members of the Latino ERG can help you create these dishes from various Latin countries and enjoy with them family and friends.



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# Pork Burritos



**Submitted by:**  
**Denise Soliz**  
**Manager, Appeals**



**Dish:**  
**Entrée: Pork Burritos**

**Country: Mexico**



## Ingredients

- 4-5 lbs pork butt/shoulder or country style boneless pork ribs
- 2 tablespoons vegetable oil
- 1 large can of crushed tomatoes
- 1 16 oz can tomato sauce
- 1 white onion (chopped)
- 5 garlic cloves (minced)
- 2 teaspoons garlic powder
- 2 ½ teaspoons cumin
- 1 ½ teaspoons salt
- 1 serrano pepper or jalapeno chopped (depending on the level of spice you like)
- 2-3 8 oz blocks mild cheddar cheese or colby jack (shredded)
- Refried beans (preferably homemade but you can also use your favorite brand of already prepared refried beans)
- Flour tortillas (1 to 2 packages of tortillas)

## Directions

- Cut your meat into 3-inch cubes.
- Grab a deep skillet and add vegetable oil. Allow pan/oil to heat.
- Brown meat until no longer pink. Note, you may have to do this in batches.
- Add onion, garlic, cumin, salt and serrano or jalapeno pepper.
- Simmer for about 10-25 minutes then add just enough water to cover top of the meat.
- Cover with lid and let simmer 1 hour or more until the meat is fork tender.

- Next, add your crushed tomatoes and ½ can of tomato sauce. Place the lid back on your pan and let simmer for 30 more minutes.
- After 30 minutes as passed check to see if your meat is very tender, check to see if more water is needed, taste to see if more salt is needed or more tomato sauce is needed.
- Note, if you would like it more soupy add more water, thicker, add more tomato sauce. You want to make sure you have enough sauce to cover your burrito once it's made.
- Personal note, at this point, I usually add a handful of shredded cheese into my pork/sauce mixture and stir.
- Next, heat up your flour tortillas, add shredded cheese, beans and your pork meat. Roll up your burrito, add sauce from the meat and then add more shredded cheese. You can place your burrito in the microwave for a quick zap if you would like your cheese melted.



**Personal note, I received this recipe from my aunt (my Dad's sister) many, many years ago, I'm still learning different recipes from her today. She learned this from my grandmother who passed away when I was only one years old. My aunt uses the time we spend together cooking to tell me stories about my grandmother when she was younger and older. She also, loves to add stories about my dad when they were younger as well and the pictures, they are all in black and white, beautiful photos none the less. I love seeing how different the neighbor/city was back then.**

# Mofongo Relleno de Pollo Guisado



Submitted by:  
**Allen Sygman**  
DVP, Business Finance



Entrée: Mofongo Relleno de  
Pollo Guisado

Country: Puerto Rico



## Ingredients

### Chicken

- 1 tablespoon olive oil
- 5 pounds skinless boneless chicken breast cut into bite-size pieces
- 1 cup chopped onion
- ½ cup minced fresh cilantro
- 1 teaspoon salt
- 3 garlic cloves minced
- 1 (15 ounce) can tomato sauce

### Mofongo

- 6 green (must be green NOT yellow) plantains peeled and cut into 1-inch pieces (around 3 lbs.)
- 2 teaspoons salt, divided
- 6 bacon slices, cooked and crumbled (drained)
- 3 garlic cloves, minced
- ¾ cup fat free, chicken broth
- 6 tablespoons olive oil, divided

### To prepare chicken:

- Heat 1 ½ teaspoon oil in a large oven over medium heat.
- Add half chicken; sauté 8 minutes or until outside is brown. Remove chicken from pan.
- Repeat procedure with 1 ½ teaspoon of oil and remaining chicken.
- Return chicken to pan; stir in onion, cilantro, salt, garlic, and tomato sauce.
- Bring to a boil; cover the pan, reduce heat and simmer for 20 minutes or until chicken is done.
- Keep chicken warm.

### To prepare mofongo:

- After cutting plantains into 1-inch pieces place the pieces into a Dutch oven filled with water and a teaspoon of salt and allow to sit for 20 minutes to soak.
- Drain plantains and return to pan.

- Cover plantains with water to 1 inch above plantains.
- Bring to a boil over high heat.
- Reduce heat, and simmer 20 minutes or until tender.
- Drain plantains and return to pan.
- Mash plantains with a potato masher.
- Stir in 1 ½ teaspoons salt, bacon garlic, and broth.
- Shape plantain mixture into ½ inch thick patties (should be around 24 patties)

#### Final Preparation

- Heat 2 tablespoons oil in a large nonstick skillet over medium high heat.
- Add mofongo patties (however many you desire).
- Cook 3 minutes on each side or until brown.
- Serve chicken over the plantains (mofongo).



# Gallo Pinto



**Submitted by:**

**Allie Rojas-Meier (via Stepdad Oscar)**

**Training Specialist, Learning & Development**



**Entrée: Gallo Pinto**

**Country: Costa Rica**



## Ingredients

- 2 cups cooked white rice
- 2 cups cooked black or red beans
- ¼ cup bean broth or water
- ¼ cup yellow onion finely chopped
- ¼ cup red pepper finely chopped
- 1/8 chopped cilantro leaves
- 1 tbsp Salsa Lizano (can be found on Amazon)
- 1 tsp salt
- 2 tsp vegetable oil

## Directions

- In a large skillet, heat vegetable oil over medium heat.
- Add red pepper, salt, and onion. Lightly cook until the onion is soft.
- Add bean broth or water, beans, veggies, and salt.
- Add in cooked rice and toss until all ingredients are well mixed.
- Add in the cilantro and lightly mix.
- Add the Salsa Lizano and mix again.
- This can be served with eggs, fried sweet plantains and corn or flour tortillas



**This dish is very popular and common in Costa Rica and can be eaten all year round. You can even find it on the McDonalds breakfast menu. Bacon can also be added. (Bacon makes everything better)**

# Popeye Chicken



Submitted by:

Troy Talavera  
Project Manager II, Enterprise  
Portfolio Management



Entrée: Popeye Chicken



Country: Nontraditional

## Ingredients

- 4 Boneless Skinless Chicken Breast (Use dark meat if you prefer)
- 3 cans Cream of Celery Soup
- 1-2 cans Cream of Chicken Soup (to your liking of Creaminess!)
- 1-2 cups mayonnaise (to your liking of Creaminess again!) 😊
- Curry powder (to taste, I use about ¼ - ½ of the small McCormick size containers)
- About a Ziplock Freezer size bag of Cornflakes (crunched up in the bag)
- About 3 tablespoons of butter (not Margarine as it is bad for you!)
- 4-6 cups of shredded cheddar cheese (depending on how cheezy you are!)
- 3 boxes of Birds Eye Spinach or a bag and a half of the Pict Sweet Spinach (enough to cover the bottom of a 9x11 baking dish about ¼ inch thick, DON'T recommend off brand spinach!)

## Directions

- Grease the bottom of a Glass baking dish (9x11 or larger with butter or non-stick spray. Drain the spinach and line the bottom of the dish evenly with it.
- Boil the chicken for about 40 minutes until it is fully cooked.
- Shred the chicken (preferably with a couple forks as it will be hot, you just took it out of boiling water) and layer it on top of the spinach.
- Mix the cans of soup, mayonnaise, and curry powder, then spread over the chicken and spinach.
- Spread the cheese over the sauce.
- Next, put a few tablespoons of butter in the bag of crunched up cornflakes and microwave about 10 - 15 seconds, or until the butter is melted; then, massage the bag for an even coating of butter on all flakes before spreading them over the cheese.
- Finally, bake at 375 degrees (unless at higher altitudes, I hear you all have different baking temps) for about 45 minutes, serve while hot, and enjoy

This dish is a family favorite.

# Horchata de Morro



**Submitted by:**  
Allie Rojas-Meier  
Training Specialist,  
Learning & Development



**Beverage: Horchata de Morro**

Country: El Salvador



\*The Horchata powder is made first, then added to the liquid that creates the drink.

## Ingredients

For the horchata powder:

- 1 lb morro seeds
- 1 $\frac{1}{4}$  cup white rice
- $\frac{3}{4}$  cup golden sesame seeds
- $\frac{3}{4}$  cup peanuts (without skin)
- $\frac{3}{4}$  cup cocoa beans
- 4 tablespoons cinnamon powder
- 2 whole nutmegs
- 6 tablespoons coriander seeds
- 5 whole allspice berries

For the fresh horchata:

- Sugar (to taste)
- A few drops of vanilla extract

## Instructions

Horchata powder

- Roast all the ingredients separately, taking care not to burn the rice.
- The roasting time is different from one ingredient to another and can be done in an oven, in a pan or on a hot griddle.
- Mix all the ingredients together in a food processor until obtaining a fine powder.
- It is important to mix them dry (without adding water), as the powder for the horchata can be kept to prepare the drink later and it will last longer because all the ingredients will maintain their natural moisture.
- It is also recommended to keep the ground mixture in an airtight container which will keep the aroma longer.

Drink

- Add very cold water or very cold whole milk to the previously prepared powder.
- Add 1 tablespoon to ½ cup of milk.
- (Optional) Add the natural vanilla extract.
- Stir for around a minute
- Filter the preparation through a cheesecloth.
- Sweeten to taste.

This recipe was sent from my friend Christina. This is a family favorite for her family and the recipe is the El Salvadorian version of the Horchata drink. It is consumed multiple times a day, like coffee. There are different variations of Horchata from numerous Latin countries, this is one of them.