



GUATEMALA

DAY 3: SNACK

SOMETHING TO MAKE



Frijoles Negros Voleados (nay-GROS vo-LEE-ah-dos), Refried Black Beans

Guatemalan food draws from traditional Mayan foods such as corn, black beans and fresh tropical fruits such as avocados, mangoes, papayas and bananas. Rice, eggs and cheese are also staples.

INGREDIENTS:

2 cups dried black beans or 3 cans black beans
1 tablespoon black pepper
1 tablespoon salt
1 teaspoon oregano
1/2 teaspoon chili flakes
1 teaspoon granulated onion
1 teaspoon garlic powder
1/2 teaspoon baking soda
4 cups water (if using dried beans)
1 finely chopped white onion
1 tablespoon olive oil
tortillas

DIRECTIONS (FOR DRIED BEANS):

- 1) Add all of the ingredients except the onion and olive oil to a pot, bring to a boil, cover, then turn off and let sit for 30 minutes.
- 2) Return beans to a boil, then simmer over low heat for an hour or more, until the beans are tender.
- 3) In a small frying pan, heat the oil and sauté the onions until translucent.
- 4) Add onions to the beans and their cooking liquid and puree until smooth.
- 5) Heat more oil in the skillet, pour in the pureed bean mixture and cook on low until the puree is thick enough that you can "roll" it. Garnish with cilantro and/or more onions and serve with warm tortillas, cheese, guacamole (recipe below) and/or sour cream.

SOMETHING TO MAKE



Guacamole

INGREDIENTS:

1 ripe avocado
1 teaspoon chicken bouillon (or 1 cube chicken bouillon)
1 to 2 cloves garlic, minced
Tomatoes and onions, chopped, to taste (optional)

DIRECTIONS:

- 1) Slice avocado in half, remove pit, scrape flesh into a bowl, and thoroughly mash.
- 2) Stir in garlic and mix well.
- 3) Add tomatoes and onions to taste.

Serve with tortillas or tortilla chips

SOMETHING TO BUY



Tropical Fruits

Tropical fruits grow well in Guatemala's lush, wet climate. Serve familiar fruits such as bananas, showing pictures of bananas on trees to give children an idea of what they look like as they are growing. Or use the opportunity to introduce a fruit the children might not have experienced, such as mangoes or papayas. Sliced green mango seasoned with lime and chili powder is a popular street food.