



Name of the recipe: Carbonada (Beef & Vegetable soup)

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Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 500 grs. Minced meat or chuck roast, finely diced
2. 1 large carrot diced
3. ½ onion finely chopped
4. 2 lts boiling water
5. 3 large potatoes, peeled & diced
6. 1 cup green beans cut at width
7. 1 cup peas
8. 3 heaping tbsp rice
9. Oil for frying
10. 2 cloves of garlic finely chopped
11. Pinch of oregano
12. Paprika
13. Salt & pepper

To prepare:

1. In a large pot, heat the oil, add the meat and fry until brown;
2. Add the carrots diced in similar size cubes and continue frying, add the onion, the garlic, a dash of oregano, the paprika, salt and pepper.
3. Add the boiling water and cook during 45 minutes or until the meat is tender. Add the potatoes, the green beans, the peas and the rice. Cook for another 20 minutes or until the potatoes are tender but making sure they don't mash!
4. Serve hot ideally in clay pots.
5. Drizzle with parsley or coriander leaves chopped finely.

Ideal for a cold Winter day!