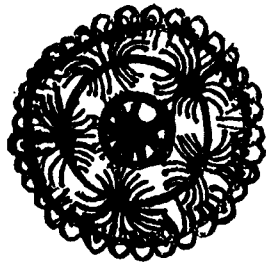


FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
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SO'OAPU'A

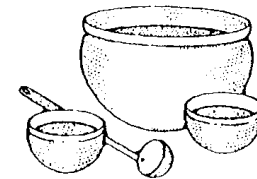
(Meatballs of ground beef & cornmeal in broth)

1 lb of ground beef
1 small onion
1 teaspoon of bacon fat or oil
1 egg
1 cup of corn flour or bread crumbs
oregano, garlic
salt and pepper

Mix and knead meat with other ingredients. Form balls.
Add to the boiling broth (See Broth recipe below). Add
3 tablespoons of washed rice. Let boil 15 minutes

Broth:

2 tablespoons of oil
1 onion
1 tomato
1 green pepper
boiling water
salt to taste.



Fry the vegetables in the oil. Put in boiling water (3
cups, more or less). Salt. Boil the vegetables until they
are soft. Add the meatballs and the rice. Boil 15
minutes.

translated from Aquino, Josefina Vellilla de. *Tembú Paraguai
Comida Paraguaya* 11th ed., Asunción, Editora Litocolor, 1995,
p.9.

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