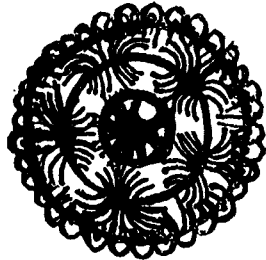


# FLAVORS OF PARAGUAY

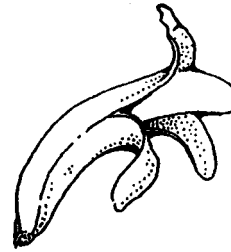
## A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



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### ZÖO-TOSOPY (Ground-Beef Stew)

The cuisine of Paraguay features a considerable number of dishes of Guaraní Indian origin, some of which are surprising. The native population has become smaller, but such culinary creations as zöö-tosopy survive.

1 lb coarsely ground or finely chopped beef  
6 cups of water  
½ cup dendê or other vegetable oil  
2 large onions, coarsely chopped  
2 large tomatoes; peeled and coarsely chopped  
2 green bananas, sliced crosswise into large chunks  
¼ cup white long grain rice  
1 teaspoon salt  
Several dashes Tabasco or other hot pepper sauce, or  
to taste

In a large heavy pot, mix the beef with water, cover, and simmer over low heat. Separately, heat the oil in a skillet and fry the onions, tomatoes, and green bananas until the vegetables are slightly soft. Combine the vegetables with the beef in the pot and add the rice, salt and hot pepper sauce. Simmer, covered, until rice is just tender, about 20 minutes. Serve very hot in bowls. Serves 4 liberally.

from: Hawkes, Alex D. *The Flavors of the Caribbean & Latin America: A Personal Collection of Recipes*, New York, The Viking Press, 1978, p.140

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