

# FLAVORS OF PARAGUAY

## A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES

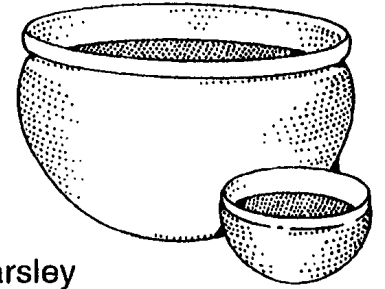


WRITTEN AND EDITED  
BY  
LYNN VAN HOUTEN

ANTEATER .....PRESS  
Petaluma, CA

### POTAJE DE GARBANZO CON ACELGA (Chick-Pea Soup with Spinach)

- 1 cup of dried chick pea or garbanzo beans
- 2 medium tomatoes
- 1 onion cut in quarters
- 4 garlic cloves cut in halves
- 1 teaspoon sweet paprika
- 1 teaspoon salt
- 1 bay leaf
- 1 ½ lb spinach
- 2 tablespoons of olive oil
- 2 tablespoons white wine
- 2 tablespoons of chopped parsley



Soak peas or beans in cold water to cover 12 hours; drain well. In a large saucepan, combine soaked peas or beans and 3 ½ cups of water; bring to boil. Add whole tomatoes, onion, garlic, paprika, salt and bay leaf. Cover and cook over low heat 1 ¼ hours. Clean spinach; place damp spinach in large saucepan. Do not add water. Cover and cook 2 minutes. Drain well; chop spinach. Remove onion quarters, tomatoes, garlic and 1 tablespoon cooked peas or beans from saucepan. Discard tomato peels. Press mixture through a sieve or puree in a blender or food processor. Heat oil in a small skillet; add pureed mixture. Cook 2 or 3 minutes, return to saucepan. Stir in wine and chopped cooked spinach; simmer 10 minutes. Remove bay leaf. Pour into tureen or serve in individual bowls. Garnish with parsley. Makes 4 servings.

from: Bailey, Rick ed. The Best of International Cooking, Tucson, AZ, HP Books, 1984 p.153.

XX 39 XX