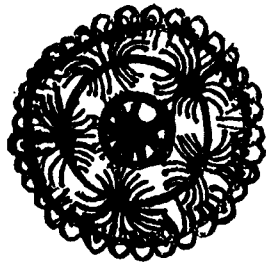


# FLAVORS OF PARAGUAY

## A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED  
BY  
LYNN VAN HOUTEN

ANTEATER  .....PRESS  
Petaluma, CA

### NIÑOS ENVUELTOS CON SALSA (Stuffed Beef Tortillas with Sauce)

2 lb beef loin thinly sliced

#### Stuffing:

1 clove of garlic

1 bunch of parsley finely chopped

3 green pepper

½ cup grated cheese

12 olives (minus pits)

½ cup of raisins

3 hard boiled eggs

1 large onion

salt and pepper to taste

2 tablespoons of bacon fat



Pound the beef slices with a mallet until they are very thin. Sprinkle them with salt. Mix the chopped garlic, grated cheese, parsley, olives, raisins, salt and pepper. Put a spoonful of stuffing, a thin slice of onion, and spoonful of egg on a slice of beef. Roll and hold with toothpicks so that stuffing doesn't escape. Heat the bacon fat in a large fry pan and brown the beef tortillas slowly. Serve covered with tomato sauce.

translated from: Aquino, Josefina Velilla de. *Tembiu Paraguai: Comida Paraguaya* 11<sup>th</sup> ed., Asunsion, Editora Litocolor, 1995, p.79.

XX 76 XX