



## **FEIJOADA URUGUAYA (BLACK BEAN SOUP)**

*This is a Spanish/Portuguese recipe from the border with Brazil.*

### **Ingredients:**

1 white onion  
4 garlic cloves  
5 slices of bacon or pancetta  
1 lb pork loin  
2 lb black beans, soaked overnight  
3 Tbsp vegetable oil  
1 tsp salt  
Beef broth

### **Directions:**

Chop the onion and garlic, set aside.

Cut the bacon or pancetta and pork loin into cubes, set aside.

Rinse the soaked beans and set aside.

In a cast iron pot over medium heat, pour 3 tablespoons of oil. When warm, add the onion and garlic. When it starts to turn light brown add the salt. Add the bacon and pork. Stirring constantly, cook until the meat is light brown. Add the beans and broth, making sure the beans are completely submerged.

Turn the heat to low, and cook for about 1 hr. Can thicken further with cornstarch, if desired.

Serve hot.

## **RICE**

### **Ingredients:**

1 cup rice  
2 cups vegetable broth  
3 Tbsp olive oil

### **Directions:**

In a medium size pan over low heat, pour 3 Tbsp of olive oil. Add the rice, cooking until the edges of the rice are a darker yellow. Add the broth. When the broth starts to boil, cook for 4 more minutes. Set aside.

## **OJITOS**

*Dulce de leche is a favorite product used in many things, including cookies, cakes, and turnovers (pastelitos). These ojitos ("little eyes") are nice with mate, an energizing herbal tea.*

### **Ingredients:**

½ cup butter  
¾ cup powdered sugar  
Zest of 1 lemon  
1 tsp vanilla  
1 egg  
1 tsp baking powder  
1 ½ cup flour  
¾ cup dulce de leche

### **Directions:**

In a medium size bowl, let the butter soften at room temperature.

Add the powdered sugar and mix until creamy. Add the lemon zest, vanilla, add egg, and mix well. Add the baking powder and flour, and make sure everything is well mixed. Cover with plastic wrap and let rest in the refrigerator for 30 minutes.

Preheat the oven to 325°.

Cover a baking sheet with parchment paper.

Divide the dough into small balls and place on the baking sheet, leaving about one inch between them. Use your thumb to make an indentation in the center of the ball.

Using two small spoons, in the center of each cookie drop the dulce de leche.

Bake at 325° for 8 to 12 minutes.

Enjoy.