**Cooking around the World: Native America 7.1.19**

*Recipes contributed by Danira Parra*

**WILD RICE AND CHICKEN SOUP**

Too hot out for soup? Make it a casserole instead: eliminate the chicken stock and bay leaves, add 8 oz of sour cream, place mixture in a casserole dish, and bake for 30 minutes at 375° F.

¼ cup butter

1 cup sliced mushrooms

3-5 ribs celery, sliced

1 med. Onion, chopped

2-4 med. carrots, diced

1 or 2 cloves garlic, minced

1 can cream of mushroom soup

1 cup milk

2-4 cups Chicken stock

3 cups cooked wild rice

3 cups cooked brown rice (or a combination of brown & white)

3 cups cooked chicken, diced

2 bay leaves (remove after done)

1 tsp. salt (or more to taste)

1/4 tsp. pepper

Hot peppers (optional, to taste)

Instructions

Melt butter in large skillet. Sauté mushrooms and vegetables until tender. In large soup pot stir together the mushroom soup, milk, and 2 cups of chicken stock until it is no longer lumpy. Add in the sautéed vegetables followed by the cooked rices and chicken. Add more chicken stock until the soup has reached the desired consistency. Stir in the seasonings, and let simmer on low heat for 15 minutes to mix the flavors. Remove and discard bay leaves before serving. Serve hot. Yields 12 servings (1 cup).

**GOAT MILK CARAMEL**

The sweet, earthy flavor of this caramel will delight you. It’s easy to make and quite tasty on baked squash, pumpkin or sweet potatoes as well as on toast instead of jelly.

1 quart goat milk (use ultra high temp milk)

1-2 cones piloncillo (sub. 1 cup sugar)

1/2 tsp. Baking soda

Pinch of salt

1 tsp. Vanilla

Instructions

In heavy pan, over low to medium heat mix milk, piloncillo (or sugar), baking soda and salt together. Stir constantly for 30-40 minutes to avoid burning. When milk is reduced down to about 1 1/2 cups and is at a thin pudding consistency, add in vanilla. Remove from heat and serve hot over baked squash or sweet potatoes. Caramel will continue to thicken as it cools. It may be thinned with water if it gets too thick for the purposes intended. May be stored in refrigerator.

**MINT WATERMELON SALAD**

Early watermelon is sometimes a little less than sweet. With this recipe, the flavor of the watermelon is incidental.

1 med. Watermelon, diced

1-2 lemons, quartered (double the number if using limes)

Handful of fresh mint

1/4 cup sweetener (sugar, stevia, etc)

Instructions

Cut up watermelon and place in large bowl. Squeeze the juice from the lemons (or limes) over the watermelon. Cut up clean, fresh mint and add to the fruit. Sprinkle sweetener over the fruit. Mix and serve. May be refrigerated for up to an hour prior to serving. Do not refrigerate overnight with mint in the mix as the mint will wilt quickly due to the citric acid of the lemon/lime juice.