
TRADITIONAL NICARAGUA BEEF STEW

WITH THE OBANDO FAMILY



Indio Viejo

INGREDIENTS:

2 lb (1 Kg) of beef
1 bag of Mazola (corn flour)
25 mint leaves (yerbabuena)
4 medium tomatoes
2 medium onions
2 green pepper (chiltomas)
1 garlic clove
1/4 teaspoon of achiote
3 bitter oranges

PREPARATION:

- 1) Wash the meat with the bitter orange juice and cook with garlic, onion, and green pepper until tender.
- 2) Turn off the heat and take out the meat, leaving the sauce. Put the tortillas in the soup and when soft, break them into small pieces.
- 3) When the meat has cooled off, pull into pieces by hand.
- 4) In a saucepan, lightly fry the tomatoes, onions and green pepper. After 10 minute, add meat, soaked tortillas, and mint (yerbabuena).

5) Cook on low for 15 minutes. Add bitter orange juice tossing gently

Notes: Feeds 6-8 persons

Main Ingredients

green pepper



achiote



corn flour



bitter orange



mint leaves