

Download Sopa De Frijoles Bean Soup

Sopa de frijoles is a staple in all Honduran homes! This delicious and nutritious bean soup is very inexpensive to make and incredibly versatile.

Although it may not look like it, beans are a versatile legume that you can consume in hot and cold dishes, in salads, desserts and soups.

Soak the beans overnight in cold water. Heat the olive oil in a heavy soup pot over moderate heat. Add the onions, garlic, and jalapeno. Cook over low heat until almost tender, then stir in the ...

Sopa de frijoles is a delicious traditional black bean soup from Honduras, usually prepared with pork rind or small pork ribs.

Bücher (Fremdsprachig) Wählen Sie die Abteilung aus, in der Sie suchen möchten.

Although Sopa de frijoles reads like a poem, it is also a step-by-step recipe for how to make bean soup, with playful illustrations showing a young boy busily helping his mother in the kitchen.

Bücher (Fremdsprachig) Wählen Sie die Abteilung aus, in der Sie suchen möchten.

DIRECTIONS. In a large pot on medium high, heat up the oil and then saute the onions and bell pepper. Add the beans, add about 3 cups water (atleast double the height of the beans, there should be enough room for eggs to generously fit on top of the beans and still have water above them).

This delightful recipe in poem form shows us all, young and old, how to make a heartwarming, tummy-filling bean soup — from gathering the beans, onions and garlic to letting them swim in the pot until the house smells wonderful and it's time for supper.

Rafael Yockteng. Rafael Yockteng has illustrated many highly acclaimed children's books, including Sopa de frijoles / Bean Soup by Jorge Argueta (USBBY Outstanding International Books) and Jimmy the Greatest!

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