



Charitable # 85923 0476 RR0001

Ontario Christian Gleaners
Using Surplus Produce to Feed a Hungry World

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GUATAMALA

Recipe #1

Ingredients:

- 1 Bag of Gleaners Soup Mix
- 8 Tomatoes
- 1/2 c. Cilantro
- 2 Onions
- 2 lbs. of Beef Bone
- Salt, to season

Directions:

1. Soak the soup before cooking
2. Bring soup and water to boil
3. Add the beef bones
4. Add the tomato and onion chopped, and finally the cilantro
5. Season with salt to taste



GUATAMALA

Recipe #2

Ingredients:

- 1 Bag of Gleaners Soup Mix
- 3 lbs of Chicken
- 2 lbs of Pasta
- 1/2 c. Cilantro
- Salt to season

Directions:

1. Soak the soup before cooking
2. Bring water and soup to boil. Reduce heat and simmer for 30 minutes
3. Add the chicken and cook for 15 minutes
4. Add pasta and cilantro and simmer