



### Guisado

#### RECIPE NAME

#### INGREDIENTS

- 3 large *calabacitas*, Mexican squash
- 5 Roma tomatoes
- 1 white onion
- 2 garlic cloves
- 2-3 stems of *epazote*
- 1 cup of fresh corn kernels
- 2 tablespoons of vegetable oil
- salt

#### KITCHEN UTENSILS

- chopping board
- knife
- tablespoon
- large deep cooking pan with lid
- wooden spoon, for mixing and serving
- 1 large serving plate
- 4 medium plates, to share with others

#### NUMBER OF SERVINGS

4

#### PROCEDURE

1. Trim both ends of the squash. Cut the squash into rounds, then into fourths.
2. Dice the onion into fine pieces.
3. Cut and dice the tomato into medium to small pieces.
4. Mince the garlic.
5. Remove the *epazote* leaves from its stem. Bunch them up and cut small.
6. Adult: heat-up a large cooking pan with 2 tablespoons of vegetable oil.
7. Add the onion into the pan and cook for 3-4 minutes on medium heat, stir occasionally. Add the minced garlic and cook for 1 more minute.
8. Add the diced tomatoes, 2 dashes of salt, and stir. Cook for 5 minutes.
9. Add the *calabacitas*, corn, *epazote*, and add 2 more dashes of salt. Stir.
10. Cover the pan and let everything simmer for 20 minutes.
11. Turn off heat and let sit for 10-15 minutes. Use wooden spoon to serve.

