

Wakavaki Style Beef Soup - *Cocido de res estilo guakavaqui*

Ingredients (for approximately 20 portions)

2 lb (1 kg)	beef meat, cut into chunks, plus a few pieces with bone
½	white onion; peeled, and cut into pieces
3 cloves	garlic; peeled
4 cups	cooked chickpeas (homemade, or 2 cans, drained)
4 ears	fresh corn; husks and silk removed, washed, and kernels scraped from cobs
2 cups	green beans; washed, trimmed, and sliced into 1-inch (2.5 cm) cylinders
3	green chili peppers, such as Anaheim; washed, seeds and stems removed, and sliced
3	zucchini; washed, ends removed, and sliced
3	carrots; washed, ends removed, peeled and chopped
¼	cabbage; sliced into bite-size pieces, washed and drained
1	tomato; washed, stem spot removed, and halved
2-3 sprigs	cilantro; washed
Salt and black pepper, to taste	
Water, as needed	

To serve:

Wheat tortillas (homemade, or from package)

Lime wedges (optional)

Place beef in a large pot over the stove, cover with water and add onion and garlic. Turn on the heat to High, bring water to boil, then skim and discard foam with a spoon. Reduce heat to medium, partially cover the pot with lid. Cook for at least one hour, until beef is tender. Remove pot from heat. Transfer meat to a working surface; discard bones, and slice meat into bite-size pieces; reserve. Strain broth through a mesh into a large pot (8-quart—7.6 litre) over high heat. Add boiling water, to fill the pot halfway. Bring to a boil, then add cooked chickpeas. After ten minutes, add carrots and Anaheim peppers. Stir to combine, and allow to cook for five minutes, then add the corn kernels. Five minutes later, add the green beans. Reduce heat to medium, cook for another five minutes; add cabbage, then place the tomato halves on top, cut side facing down. Once the tomato skins begin to wrinkle, remove and discard. Add zucchini, stir, then add reserved cooked meat, and incorporate all together. Continue cooking until meat is hot, then add cilantro, and add more boiling water, as needed. Season with salt and pepper, to taste, and keep piping hot until serving time. Serve in bowls, with wheat tortillas on the side:

NOTE: Although not used in the original recipe, the addition of lime juice works really well.

