CALDO DE REZ

May this recipe warm and nourish you.

Beef shanks with bones or beef ribs (2 lbs)
Carrots, peeled and cut
Celery
Diced tomato
1/4 cup chopped onion
2 cloves of garlic, chopped or whole
1/2 head cabbage, quartered
2 medium potatoes, quartered (with or without skin)
Cilantro, to your taste
Chayote, 2 halves, cut into quarters
Mexican squash, ends trimmed and cut up
Pinch of cumin
Salt to taste
Prepared Mexican rice

Directions:

Rinse beef. Place in a large pot with 10-12 cups of water. Bring to a boil, skimming off the foamy scum that rises to the top. Once foam stops accumulating, add salt, onion, and garlic. Reduce heat, cover, and simmer until the meat is tender. Add cumin and vegetables. Continue to simmer until vegetables are tender. Serve over Mexican Rice.

From 2021 Soup & Hope Speaker, Amaris Henderson