

Sheet1

| REREcipe_NAM,C,50 | RECIPE_DESSOURCE,C,50 | FOVEGETATIME_TO_PINU |
|---|-----------------------|----------------------|
| 1 Chicken Soup | Nancy | 4 FALSE 45 minutes 4 |
| 2 Black Beans | Dad | 5 TRUE 1.5 hours 6 |
| 3 Gambas al Ajillo (Shrimp with Garlic) | Mom | 2 FALSE 15 minutes 4 |
| 4 Pasta Napolitana | Northwind Traders | 6 TRUE 30 minutes 4 |
| 5 Avocado Salad | Sweet Lill's | 1 TRUE 10 minutes 8 |

INGREDIENT,

INSTRUCTIO,C,254

Fill a big pot with water. Bring to boil, add salt and pepper. Add chicken, potatoes, and carrots. Reduce heat and simmer for 1
Soak the black beans overnight. In a big pot, add 15 cups of cold water, with cumin, salt,pepper, garlic, & onions. Bring it to bo
In a small container, mix paprika, hot sauce, tomato paste, salt, cayenne pepper, and dry sherry. In a skillet, heat the garlic wi
Saute garlic in a skillet with olive oil until they are brown at medium heat. Reduce heat and add tomatoes, oregano and bay le
Cut avocado in halves. In a big bowl. Place sliced tomatoes, red onions, and lettuce. Sprinkle with lime juice, salt and pepper.

UTENSILS,C,:NUTRITIONA,C,254

Very nutritional.

Very good for the kids.

Good source of protein and fun to prepare.

Quick to prepare and very rich in vitamin C.

Very good vegetarian meal.