

# Mexico

## Latin America

### Menu

#### 1. Flour tortillas (substitute store-bought flour or corn tortillas)

Ingredients:

- 4 cups flour
- 1 cup boiling water
- 1/4 cup oil
- 2 Tbsp. baking powder
- Pinch of salt

Directions:

Mix dry ingredients together, then add the oil and boiling water. Stir until mix is cool enough to knead with hands. Add a little oil for mixing to keep mix from sticking. Pinch dough into egg-sized pieces and roll on a non-stick surface with flour and a rolling pin. Roll into circular shapes and fry on a skillet set on medium-low heat for 10-15 seconds on each side.

#### 2. Frijoles (beans)

Ingredients:

- 1 lb. Mexican pink beans or pinto beans
- 6 cups water
- 2 cloves garlic
- 2 tsp. salt
- 2 Tbsp. fat or lard (Manteca)

Directions:

Cover beans with water, add garlic, and simmer over low heat for about 1 1/2 hours. Add salt and fat or lard and continue cooking until beans are tender.

#### 3. Carne asada

Ingredients:

- 3 lbs. flank steak
- 1/4 cup oil
- 2 onions, sliced thinly
- 3 oranges, juiced
- Salt and pepper to taste

Directions:

In a large stainless steel or glass bowl, mix the meat with the oil, onions, orange juice, and salt and pepper. Cover and marinate 1 hour, or overnight. Start a good fire in your grill or barbecue, preferably with mesquite charcoal. Remove the meat from its marinade and grill over hot flame until the first side is well browned, from 5-7 minutes. Turn the meat over and grill on the other side till cooked to desired doneness. Remove from grill. Slice meat into thin strips across the grain and serve as a topping for tostadas or as a filling for tacos or burritos.

### Consumption comparisons

Percentage of children underweight

United States of America: 1%

Mexico: 14%

### Life in Mexico

Mexico is a rich mix of cultures. Many sponsored children have descended from the Mayans, Aztecs, or other Native Americans. Mexicans honor their past, their brave heroes, and the land of their ancestors. More than likely, your sponsored child's family maintains a strong tie to their community and lives in close proximity to aunts, uncles, and cousins. In Mexican culture, the family is a valuable commodity. The elderly are greatly respected and children and grandchildren care for older relatives.

### Typical meal

Corn is the basis of the Mexican diet, as it has been for thousands of years. It can be found in almost every meal, usually in the form of the tortilla. Beans and rice are also a staple food in Mexico.

### Guadalupe and her mother's chicken



Guadalupe Alvarez Garcia is 9 years old. She sometimes comes to the greenhouse where they grow carrots and lettuce.

References:

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