

**AUTHENTIC MEXICAN RECIPE**

# Caldo de Res con Elote

**A FAMILY FAVORITE - REBECA'S  
GRANDMOTHER'S RECIPE**

TIMING	INGREDIENTS
<b>PREP TIME:</b> <i>30 Minutes</i>	– 2 lb. beef chuck with bones    – Corn tortillas – 4 minced cloves garlic    – Jalapeno peppers – 1/2 medium white onion chopped in 1"
<b>SIMMER TIME:</b> <i>60 Minutes</i>	– 2 carrots cut into 1" pieces    – Lime wedges – 1 celery stick cut into 2" pieces – 1 chayote squash cut in 2" pieces
<b>TOTAL TIME:</b> <i>90 Minutes</i>	– 1 corn on the cob, halved – 1 zucchini, cut into 2-inch cubes – 1/4 tsp salt    – 1/2 head cabbage, quartered

## HOW to MAKE the RECIPE

- 1 Fill large pot with 10 cups of water
- 2 Add garlic, onion, and beef cut into cubes
- 3 Add salt and boil
- 4 Once boiling, reduce heat and let simmer for 30 minutes
- 5 If there is foam or grease on the top, it should be removed
- 6 Add the chayote (or potatoes), carrots, celery, cabbage,
- 7 Cover and let simmer for 25-30 more minutes
- 8 Serve hot with lime wedges, jalapenos + warm corn tortillas
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