

Consejo Nacional para la Cultura y las Artes (Mexico). *La cocina familiar en el estado de Sonora*. México, D. F. : Océano : Conaculta, 2001. P. 24. [TX716 .M4 S66 2001].

**Caldo de ejotes con calabacitas (Sonora)**

*Note: Translation courtesy of Dan Fromm.*

200 g queso fresco  
4 calabacitas tiernas  
2 ajos  
1 cebolla picada  
1 chile verde picada  
2 manojos de ejotes (de frijol yorimuni)  
2 cucharadas de manteca  
semillas de cilantro  
sal, al gusto

*By some mischance this recipe's directions as published are those of the recipe for Caldo de camarón on p. 25 of the Jalisco volume in the Cocina Familiar en el Estado de... series.*

*The Comida Familiar series is the first edition of the Cocina Familiar series. This recipe with the correct directions is on p. 46 of its Sonora volume:*

Picar ejotes y calabacitas en trozos grandes; cocerlos en dos litros de agua que deberá estar hirviendo.

Freír la cebolla y chile, picados, en la manteca.

Agregarles los ejotes y calabacitas, con el agua en que se cocieron.

Moler las semillas de cilantro con los ajos y sal; ponerlos luego en el caldo y cocer durante quince minutos.

Añadir el queso, cortado en cuadritos; servir luego – *add the diced cheese; serve*

*The recipe as published says that it serves 10, but that came from the Jalisco shrimp soup recipe. Soup recipes in the Cocina Familiar set typically allow a cup of soup per diner, so this recipe will probably serve 6.*

Receta de Balvanera González de Cabrera

**Squash and Bean Soup (Sonora)**

*Note: Translation courtesy of Dan Fromm.*

200 g queso fresco [diced]  
4 tender summer squash  
2 cloves of garlic  
1 chopped onion  
1 chopped serrano chile  
2 bunches of green beans (of black-eyed peas (Vigna sinensis))  
2 tbsp of lard  
coriander seeds  
salt to taste

***By some mischance this recipe's directions as published are those of the recipe for Caldo de camarón on p. 25 of the Jalisco volume in the Cocina Familiar en el Estado de... series.***

*The Comida Familiar series is the first edition of the Cocina Familiar series. This recipe with the correct directions is on p. 46 of its Sonora volume:*

Chop beans and squash in large pieces; cook in two liters of boiling water.

Fry onion and chile, both chopped, in lard.

Add the beans and squash, with the water in which they were cooked, to the fried onion and chile

Grind the coriander seeds with garlic and salt; put in the soup immediately and cook for fifteen minutes

Add the diced cheese; serve.

*The recipe as published says that it serves 10, but that came from the Jalisco shrimp soup recipe. Soup recipes in the Cocina Familiar set typically allow a cup of soup per diner, so this recipe will probably serve 6.*

Recipe of Balvanera González de Cabrera