



EL SALVADOR

RED KIDNEY BEAN SOUP

Ingredients *(serves 4)*

500g of cooked red kidney beans

500g of beef broth

2.5 slices of bacon, chopped

2 tablespoons of onion, chopped

Cream (optional)

Chilli sauce

Method

1. Add cooked beans and broth to saucepan, boil for 10 minutes then allow to cool.
2. Liquefy in a blender and pour back into saucepan.
3. In a frying pan, sauté the bacon and onion until transparent. Add to the soup and cook for a further 10 minutes.
4. Check seasoning and sprinkle with chilli sauce. Before serving, add cream. Serve hot and enjoy, raising all you can at your Super Soup Lunch.

Don Ernesto, of Los Mangos community, is a man of few means. He used to earn a living by growing subsistence crops such as maize. But in recent years, he experienced difficulties because of changes in the climate, and only managed to grow a little for his family to eat and a bit more to sell.

Like most of the other 16 communities in El Salvador's Tierra Blanca region, Los Mangos has no basic services, such as clean water and electricity.

Christian Aid partner PROCARES supported Ernesto to create a small business, producing organic fertiliser and seedlings. He now sells these at a low cost to his neighbours, enabling them to grow new crops and produce

NICARAGUA

CHEESE SOUP

Ingredients *(serves 4)*

1kg corn dough

0.5kg dried cheese

4 eggs

Salt

2 tablespoons of oil

1 large onion

1 clove of garlic

1 red pepper

Achiote (or replace with nutmeg and a dash of pepper)

A little fresh orange juice

A little cream or butter (as desired)

Method

1. Add cheese to corn dough (the more cheese the better!)
2. Add four eggs, achiote and water. Mix well and then add more water, little by little, until the dough is not too soft nor too hard (it should be the right consistency to make a cake or a bagel).
3. Divide the mixture, shape half of the dough into small balls and fry in oil.
4. Gently fry chopped onions, garlic, pepper in a large pan. Add remaining dough mixture and stir constantly to ensure the dough does not stick to the bottom of the pot.
5. Add cream, or a little butter, and orange juice. When the soup is hot, add the dough balls. When soup is boiling, add two eggs and stir until thoroughly cooked.

Nelis Velazquez lives in La Labranza, Nicaragua, with her five children. With a loan from Christian Aid partner MCM she was able to buy a cow.

Poor people usually have no access to credit. A bank would never lend to Nelis, so she'd never get the chance to break out of poverty. MCM helps vulnerable communities end the cycle of poverty by providing loans to buy livestock.

'If you are poor, you can't buy enough food, you can't buy milk for your children,' says Nelis.

Now Nelis' cow has had two calves. She has a small dairy herd and has already paid off two-thirds of the original loan with sales of milk and cheese. 'I'm so lucky that I have these cows,' she says. 'I've never felt so happy.'



GUATEMALA

CHICKEN SOUP

- Ingredients** (serves 4)
- 250g of tomatillos husked and rinsed (green tomatoes and lemon juice are a good substitute for this small green fruit)
 - 2 skinless chicken thighs (with bones)
 - 1 skinless chicken breast (with bones)
 - 1 jalapeños, stemmed and halved lengthwise
 - Salt and pepper
 - 1 tablespoon extra virgin olive oil
 - 3 spring onions trimmed and roughly chopped
 - Chopped coriander
 - 1 clove of garlic
 - 1 green pepper, chopped
 - 1 tablespoon pumpkin seeds, toasted
 - 1 tablespoon sesame seeds, toasted

- Method**
1. Place 1.5 litres of water in a large saucepan and add tomatillos, chicken, jalapeños and salt. Bring to the boil.
 2. Reduce heat and simmer for 25 minutes or until tomatillos and jalapeños are tender and chicken is cooked through.
 3. Drain, reserving broth, and set aside chicken, tomatillos and jalapeños.
 4. Heat oil in a large frying pan over a medium heat. Add coriander, spring onions, garlic and pepper and cook until softened and golden brown. Transfer to a blender.
 5. Add pumpkin seeds, sesame seeds, tomatillos, jalapeños and broth (as much as desired) to blender, and carefully purée until smooth.
 6. Transfer contents of blender to a large pan, bring to a boil and simmer for 10 minutes, allowing soup to thicken. Meanwhile, discard bones from chicken, shred meat and add to pot.
 7. Serve over rice with corn tortillas. Garnish with coriander and serve.

Cresencia Hernandez's daughter was hospitalised with acute malnutrition 15 years ago; last year the same thing happened to her grandson.

'To have a malnourished child, that's the worst kind of poverty there is,' she says.

In the Guatemalan highlands, levels of child malnutrition soar above the national average. As many as 70 per cent of children under five are thought to have chronic malnutrition.

Christian Aid partner Bethania works with families in their own homes to improve nutrition and health by teaching them the importance of fruit and vegetables in their diet and providing them with seeds, saplings and the support they need to grow them.



HAITI

PUMPKIN SOUP

- Ingredients** (serves 4)
- 450g corned beef or 450g beef stew meat
 - Water
 - 1 pumpkin, peeled and diced
 - 2 turnips, diced
 - 1 small onion, finely chopped
 - 1 sprig of parsley
 - 1 sprig of thyme
 - 3 garlic cloves, crushed
 - 250ml milk
 - Nutmeg
 - 180ml rice, washed (uncooked, not instant)
 - Salt
 - Pepper
 - 4 tablespoons of butter

- Method**
1. In a saucepan, cover beef generously with water and bring to the boil over a medium-to-low heat. Boil partially covered for one hour.
 2. Drain and chop beef into bite-sized pieces.
 3. In a saucepan, bring four cups of water to the boil; add pumpkin, turnips, beef, onions, parsley, thyme and two cloves of garlic.
 4. Simmer until pumpkin is tender (15 minutes).
 5. Discard parsley and thyme.
 6. Transfer pumpkin to food processor with a quarter of a cup of stock and purée.
 7. Return to saucepan and heat through.
 8. Add milk, nutmeg, butter and rice; cook until rice is tender (15-20 minutes).
 9. Season with salt and pepper, and mix in remaining garlic.
 10. Serve hot with a little butter in each bowl.

Jean-Yves Louissaint was out fishing when the 2010 Haiti earthquake struck. Many of his relatives were living in Port-au-Prince at the time and lost everything.

They came to live with Jean-Yves, who fed them with the stocks of food he had, which soon ran out. At that time, the fisherman had no means of storing his catch and was forced to sell it at a low price.

Christian Aid partner Haiti Survie worked with Jean-Yves to provide a cold storage chamber, which runs on solar energy. This helped all the community's fishermen to conserve their fish and generate a greater income, improving their families' lives.

