



THE BEST TRIED & TRUE

PUERTO RICAN SOUP RECIPES

BY NEYSSA FROM LATINA MOM MEALS

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About the Author

Neyssa, the recipe developer, photographer, and writer at Latina Mom Meals is a Cuban-Rican as she likes to say.

Raised by a father who is Cuban and a mother who is Puerto Rican, Neyssa remembers her childhood where dinner every night was either rice and beans or beans and rice with a side of yuca and pernil.

As a child, Neyssa wanted nothing to do with cooking. It was not until Neyssa was a mother that she developed a love for cooking and a passion to share recipes inspired by her culture.

As a mother of five, Neyssa knows the struggle of creating an amazing meal that the whole family will love, while making it on a budget!

.Follow Neyssa on social media and join her Facebook group "Latina Mom Meals Group" to be apart of her growing community of people who love to cook Latin recipes!

Visit Neyssa on her site for the latest recipes inspired by Puerto Rico and Cuba!

Thank you and buen provecho!



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01

Sancocho

**BEEF & ROOT
VEGETABLES**

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SANCOCHO SOUP

Root vegetables such as yuca and malanga are cut into large chunks and slowly cooked with plantains, corn, and beef cubes to create this amazing sancocho soup!

SERVINGS: 8 **PREP TIME:** 20 MINUTES **COOK TIME:** 1 HOURS 30 MINUTES

INGREDIENTS

- 2.5 lbs of angus beef, cubed into 1 inch chunks
- 1 tbsn of oregano
- 2 tsps of garlic powder
- 1 1/2 tsp of salt
- 1 tsp of black pepper
- Juice of 3 limes
- 2-3 tablespoons of olive oil
- 1 teaspoon of sugar (optional)
- 2 green plantains, peeled and cut into 1 inch chunks
- 4 medium russet potatoes, cut into 1 inch chunks
- 1 1/2 cups of calabaza, cut into 1 inch chunks
- 3 large carrots, peeled and cut into 1 inch chunks
- 1 large cassava, peeled and cut into 1 inch chunks
- 2-3 yautia (malanga) peeled and cut into 1 inch chunks
- 2 husks of corn, cut into 1 inch rounds
- 1/3 cup of homemade sofrito
- 2 packets of Goya Sazon seasoning
- 2 teaspoons of Adobo seasoning (optional)
- 1/2 teaspoon of ground cumin
- 1/2 tablespoon of ground oregano
- 2 bay leaves
- 4oz of tomato sauce
- 3 sprigs of fresh thyme
- 1/4 cup of cilantro chopped, plus more to garnish
- 6-8 cups of low sodium beef broth

DIRECTIONS

- 01.** Season the beef with oregano, garlic powder, salt, pepper, and lime juice.
- 02.** Warm 2 tablespoons of oil in a large pot over medium high heat. Add in seasoned beef and cook for 2-3 minutes per side, until browned. (Do this in batches.) Remove browned beef and set to the side.
- 03.** Remove all browned beef and add in a tablespoon of oil. You will now add in the sofrito and remaining seasonings, as well as the tomato sauce, cilantro, and fresh thyme. Cook for 4 minutes, stirring occasionally.
- 04.** Return the beef to the pot and add in remaining ingredients. Once everything is in, give a quick stir, and taste for seasoning. If desired, add more salt.
- 05.** Cover pot with lid, leaving it slightly opened.
- 06.** Raise heat and bring to a boil for about a minute then lower heat to medium low and allow soup to simmer for an hour, stirring occasionally, or until root vegetables are fork tender and beef has cooked to your liking

TIPS FOR SUCCESS:

Some stores carry frozen "sancocho" root vegetables medley, with already peeled and chopped root vegetables.



02

Sopa de fideos

CHICKEN NOODLE SOUP

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CHICKEN NOODLE SOUP | SOPA DE FIDEO

A family favorite, chicken noodle soup with the flavors of Puerto Rico is a must make during the colder months!

SERVINGS: 4 PREP TIME: 5 MINUTES COOK TIME: 30 MINUTES

INGREDIENTS

- 1 tablespoon of olive oil
- 1 chicken breast cubed
- 1 teaspoon of garlic powder
- 1 tablespoon of dried oregano divided
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper
- 1 packet of sazón or 1 teaspoon of turmeric for color
- 1 teaspoon of ground cumin
- 1/4 cup of sofrito
- 4 ounces of tomato sauce
- 2 bay leaves
- 1 red pepper chopped
- 2 carrots peeled and chopped
- 2 celery stalks, chopped
- 8 cups of chicken broth
- 1/4 cup cilantro, chopped
- 4 oz of angel hair spaghetti
- lime wedges, for serving

DIRECTIONS

- 01.** In a large bowl season chicken with garlic powder, salt, pepper, and 2 teaspoons of oregano.
- 02.** Heat oil over a large pot over medium high heat. Add in the seasoned chicken and cook for two minutes before adding in the sofrito and remaining seasonings.
- 03.** Cook for an additional two minutes before adding in the tomato sauce, bay leaves, celery, carrots, peppers, and chicken broth.
- 04.** Lower heat to a steady simmer and cook for twenty minutes before adding in the cilantro and spaghetti. Mix and cook until pasta is al dente.
- 05.** Taste for additional salt and pepper and squeeze fresh lime juice over soup when serving.



03

Sopa de salchichon

SALAMI SOUP

SALAMI SOUP | SOPA DE SALCHICHON

Bold and flavorful, this hearty salami soup recipe is my absolute favorite Puerto Rican soup recipe!

SERVINGS: 4 PREP TIME: 5 MINUTES COOK TIME: 50 MINUTES

INGREDIENTS

- 1 1/2 cups of hard salami, chopped into bite sized pieces
- 1/4 cup of chopped onions
- 1/3 cup of sofrito
- 1/4 cup of cilantro, chopped
- 3 garlic cloves, chopped
- 1/2 can of tomato sauce
- 1 envelope of ham bullion
- 1/2 cup of pitted green olives
- 1 small jar of pimentos, drained and chopped
- 2 peeled potatoes, cut into chunks
- 6 oz of spaghetti uncooked and broken in half
- 1 bay leaf
- 1 packet of sazón
- 1/4 teaspoon of oregano
- 8 cups of water
- salt and pepper to taste

DIRECTIONS

- 01.** Warm oil over medium high heat in a large pot.
- 02.** Add salami and cook for 5-6 minutes, stirring often.
- 03.** Add in onions and sofrito, cook an additional minute or two. Then add in garlic, tomato sauce and seasonings.
- 04.** Stir and allow to cook an additional minute before adding in water and potatoes.
- 05.** Bring to a boil, reduce heat to a simmer and allow to cook for 30 minutes.
- 06.** Add in pasta and stir. (If you see that you need more water for the noodles, go ahead and add another cup or two). Cook until pasta is al dente.

TIPS FOR SUCCESS:

Use Goya's salchichon salami for an authentic soup recipe!



04

Asopao de Camarones

RICE & SHRIMP SOUP

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RICE & SHRIMP SOUP | ASOPAO DE CAMARONES

Thick like gumbo, this rice and shrimp soup recipe is made by first creating an authentic shrimp broth and then layering on the flavors with fresh ingredients to create a creamy and thick asopao de camarones that is made better with a few splashes of hot sauce!

SERVINGS: 6 PREP TIME: 10 MINUTES COOK TIME: 1 HOUR

INGREDIENTS

Shrimp Broth Ingredients

- 2 tablespoons of olive oil divided
- ½ large onion chopped and divided
- ¼ red bell pepper chopped and divided
- ¼ cup of homemade sofrito
- 1 pound of shrimp tails removed and set aside
- 4 cloves of garlic roughly chopped
- 1 tablespoons of salt or to taste
- A few sprigs of cilantro
- 2 sprigs of thyme
- 8-10 cups of water

Asopao Ingredients

- 1 ½ tablespoons of olive oil
- 1 ¼ of red pepper chopped
- ½ onion finely chopped
- 2 cloves of garlic minced
- 1 teaspoon of oregano
- 1 packet of sazón
- ½ teaspoon of cumin
- 4 oz of tomato sauce
- ½ cup of sofrito
- 1 cup of long grain rice soaked in water
- ¼ cup of cilantro chopped
- 1 pound of raw shrimp

DIRECTIONS

Shrimp Broth Directions

- 01.** Warm oil in a large stockpot over medium high heat and add onions and peppers. Cook for 3 minutes, or until vegetables soften.
- 02.** Add in sofrito, shrimp tails, garlic, salt, cilantro, and thyme. Saute for another 3-4 minutes. Add in water and simmer water for about 10-15 minutes.
- 03.** Turn off heat to allow shrimp broth to cool.

Asopao Directions

- 04.** Once the shrimp broth has cooled slightly, drain the pot in a colander over a VERY LARGE bowl or another pot to RESERVE THE SHRIMP BROTH.
- 05.** In the same pot warm oil and we'll build the sofrito sauce by adding in chopped onions, chopped peppers, garlic and sofrito. Allow this to cook for about a minute or until fragrant (stirring frequently to keep it from burning). Next, add in salt, pepper, oregano, sazón, and a pinch of cumin.
- 06.** After twenty seconds, add in the tomato sauce and about a quarter cup of the raw shrimp and set the rest of the shrimp to the side until the end. Allow the sofrito sauce to infuse with the shrimp for about thirty seconds before gently adding in the shrimp broth.

RICE & SHRIMP SOUP | ASOPAO DE CAMARONES CONTINUED...

DIRECTIONS CONTINUED

07. Higher heat and bring shrimp broth to a boil; add in rice. Lower heat to medium or until the shrimp broth is at a steady and gentle simmer. Allow the rice to cook, stirring it occasionally.

08. Once rice is tender and cooked through, add in the remaining raw shrimp and chopped cilantro. Cook an additional five minutes, or until shrimp is pink and cooked through. Taste for seasoning and serve.

TIPS FOR SUCCESS

- If you want the asopao thinner, you can add more water.
- Asopao will thicken as it cools.
- Use seafood stock instead of making the broth, if short on time.



05

Arroz con Leche

RICE & MILK SOUP

RICE & MILK SOUP | ARROZ CON LECHE

This creamy arroz con leche is not to be mistaken for rice pudding! This rice and milk soup recipe is a loose rice that is in a creamy milk broth that is often served to those who have a stomach ache!

SERVINGS: 4 PREP TIME: 5 MINUTES COOK TIME: 35 MINUTES

INGREDIENTS

- 1 1/2 cups of water
- 1 teaspoon of salt
- 1/2 cup of long grain rice
- 1 1/2 cups of milk
- 1 teaspoon of pure vanilla extract
- 1 teaspoon of butter or to taste
- 2-3 teaspoons of sugar or to taste
- ground cinnamon to garnish

DIRECTIONS

- 01.** Bring water and salt to a boil over high heat in a medium-large pot.
- 02.** Add in rice, mix once and allow to boil for 15 minutes.
- 03.** Lower heat to medium low after 15 minutes, allow the water to come to a gentle simmer and then add in milk, vanilla, butter, and sugar.
- 04.** Cook an additional 15 minutes or until rice is soft and ingredients have transformed into a creamy thick soup like texture; stirring occasionally.

TIPS FOR SUCCESS

For a thicker arroz con leche recipe, start with only using 1 cup of milk, and gradually add more milk, if desired.

If you're serving this to someone with an upset stomach, add in a star of anise to the water while it boils. Remove the anise when you're adding in the milk and remaining ingredients.

Most of the recipes included in this e-book has sofrito as an ingredient.
Here is the sofrito recipe:

Puerto Rican Sofrito

Ingredients

- 5 green peppers seeded and chopped
- 2 red peppers seeded and chopped
- 4 cubanelle peppers seeded and chopped
- 1 pack or about 12 aji dulce peppers seeded and chopped
- 5 cups Spanish onions chopped
- 1 cup of garlic chopped
- 1 bunch of recao chopped
- 1 bunch of cilantro chopped

Directions

1. Once everything has been rinsed and seeded, in small batches blend them in either a food processor or blender. (They may have to be done in batches. Onions are great on the bottom, they give off a lot of liquid once blended.)
2. Refrigerate in a sealed container. Freeze in small containers extras that will not be used within the next two weeks

Alternative- For recipes that call for sofrito, replace with:

- 1/2 small onion, chopped
- 1/2 red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 1/4 cup of cilantro, chopped
- 2-3 cloves of garlic, minced

In place of the sofrito above, use these ingredients and cook in oil until onions have softened. Add garlic the final ten seconds, and continue with recipe.

SOFRITO RECIPE



Buen Provecho!

Thank you so much for downloading our Puerto Rican soup recipes cookbook!

I hope these recipes remind you of home and that your family and friends will enjoy these tasty soup recipes as much as my family does!

Please visit our website and share our recipes with your loved ones so we can continue bringing the best recipes our Latin cuisine has to offer!

Thank you,
Neysa

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