



4-Course Honduran Dinner

Dining in Honduras

Hondurans enjoy three square meals a day; lunch, as with many other countries, and dinner is often a simple meal consisting of just a sandwich or *baleada*.

Lunch is so important, in fact, that some areas of Honduras see business close and streets empty as people go home to enjoy lunch with their families. Many Hondurans enjoy a *plato típico* for lunch; the dish of beef, plantains, beans, cabbage, cream, and tortillas is readily available in homes and restaurants.

When meeting a friend in Honduras for a meal, they may show up 30 minutes late, but ready to socialize and share a drink over a “Salud!”; and, wherever you’re eating, listen for the “Buen Provecho!” that will initiate your meal.

See our [Fact Sheet on Central America](#) for more information about El Salvador, its people, and its food!

Where can I learn more?

See our [Fact Sheets](#) and [Resources](#) to learn more about food and meals in Honduras! And, if you make this meal, please share the story with us [here](#)!

First Course:

Sopa de Caracol

This conch stew is symbolic of Honduras and includes coconut milk, bananas, carrots, cassava, peppers, and cilantro.

<https://ourrecipeforunity.org/recipes/sopa-de-caracol/>



Second Course:

Baleada

This quesadilla-like dish is made with a thick tortilla filled with refried beans, cheese, and crema fresca.

<https://ourrecipeforunity.org/recipes/baleadas/>



Third Course:

Carneada

This recipe is similar to Mexican Carnitas and involves marinating beef in orange juice, garlic, and spices before grilling and serving it with tortillas.

<https://ourrecipeforunity.org/recipes/carneada/>



Dessert:

Arroz con Leche

This dessert is similar to rice pudding and involves mixing cooked rice with cinnamon, milk, sugar, and sweetened condensed milk.

<https://ourrecipeforunity.org/recipes/arroz-con-leche>

