

	Ingredients	Origins	Nutrious (Cal.)	What is it	Vegetarian Opts.	Rating tastes	Diffucty	The max I \$	Cook Time
Pupusa	cheese, beans, pork,vegetables, & tortilla	El Salvador	299	Main Dish	yes	5 stars	Expert	\$5.00 each	40 min
Tacos	cheese, beans, pork,vegetables, & tortilla	Mexico	156	Main Dish	no	4 Stars	Beginner	\$2.00 each	40 min
Nachos	cheese, beans,meat,vegetables, & tortilla	Mexico	346	Main Dish	yes	3 Stars	Intermediate	\$10 a plate	45min
Empanadas	seafood,meat, cheese, vegetables,bread	Spain	300	Main Dish	yes	4 Stars	Intermediate	\$4.00 each	120 min
Quesadilla	cheese	Mexico	528	Bread	yes	3 Stars	Beginner	\$4.00 each	2hr 30 min
Quesadilla	cheese,beans,chicken, pork, & tortilla	El Salvador	374	Main Dish	yes	5 stars	Advance	\$4.00 each	20 min
Atole de Elote	corn, milk, sugar	El Salvador	305	Drink	yes	3 Stars	Advance	\$5.00 a cup	45 min
Sopa de Res	vegetables, meat, water	Mexico	200	Soup	no	5 stars	Advance	\$10.00 a bowl	2 hrs 30 min
Sopa de Marisco	seafood, vegetable,water	Mexico	253	Soup	no	3 Stars	Advance	\$0 a bowl	40 min
Tamales	Pork, chicken, banana leaves, water, vegetables, flours	Mexico	284	Main Dish	no	5 stars	Expert	\$5.00 each	6 hrs
Horchata	water,milk, cinnamon, sugar, long-grain white rice	Nicaragua	54	Drink	yes	4 Stars	Beginner	\$2.00 a cup	20 min
Frijoles	Beans	Mexico	245	Side Dish	yes	1 star	Beginner	\$2.00 a cup	1hr 30 min
Chicharron y Yuca	Pork & vegetables	Nicaragua	88	Snack	no	5 stars	Intermediate	\$6.00	2 hr
Flan	eggs,milk,sugar, vanilla extract	Rome-Spain	223	Dessert	yes	3 Stars	Intermediate	\$6.00	1 hr 20 min
Carne Asada Plato	steak, rice, beans, vegetable, tortilla	Honduras	573	Main Dish	no	5 stars	Intermediate	\$12.00	1 hr 10 min
Tamal de Elote	corn,flours, water, butter	El Salvador	200	Main Dish	yes	2 Stars	Advance	\$2.00 each	1 hr 50 min
Tres Leches	flour, butter, egg, milk, sugar	Mexico	295	Dessert	yes	4 Stars	Intermediate	\$4.00 each	1 hr 30 min
Mangu	plantain, vegetables, water	The Dominican Republic	232	Side Dish	yes	1 star	Beginner	\$2.00 a cup	40 min
Burrito	cheese, beans, meat,vegetables, & tortilla	Mexico	447	Main Dish	yes	4 Stars	Intermediate	\$12.00	1hr 40 min
Curtido	carrot, cabbage, vinegar, water	El Salvador	51	Main Dish	no	2 Stars	Intermediate	\$1.00 a tin	20 min
Kolachampan	water food dye, acids	El Salvador	127	Drink	yes	5 stars	Expert	\$1.50 a bottle	can't
Rellenitos Colocha	plantain, beans, sugar, cream, butter	Guatemala	179	Dessert	yes	2 Stars	Intermediate	\$2.00 a plate	1 hr 30 min
Jocon De Pollo	Chicken, water,seeds,tortilla,vegetable	Guatemala	589	Main Dish	no	1 star	Intermediate	\$11.00 a plate	2 hr
Plato Tipico	steak,pork,rice,plantain,vegetable,beans, tortilla	Honduras	920	Main Dish	no	5 stars	Intermediate	\$12.00 a plate	40 min
churros	flour,sugar,cinnamon,water	Spain	234	Snack	yes	3 Stars	Beginner	\$2.00 a stick	30 min
alcapuria	banana, ground beef, tarro root	Puerto Rico	232	Side Dish	no	2 Stars	Intermediate	\$1.00 each	1 hr 10 min
huevos rancheros	eggs, tortilla, vegetables, beans	Mexico	500	Main Dish	bo	4 Stars	Beginner	\$4.00 a plate	15 min
pinchos	Meat, hot sauce, vinegar, vegetable	Spain	230	Main Dish	bo	2 Stars	Intermediate	\$9.00 a plate	1 hr 20 min
ropa vieja	Meat, vegetable,oil, vinegar	Cuban	261	Main Dish	bo	4 Stars	Beginner	\$0 a plate	1 hr 10 min
sancocho	meat, chicken, vegetable, orange juice	The Dominican Republic	317	Soup	bo	4 Stars	Advance	\$12.00 a plate	1 hr 10 min
pastelon de amarillo	beef, vegetable,egg, plantain	Puerto Rico	932	Main Dish	bo	2 Stars	Intermediate	\$10.00a plate	50 min
serenata de viandas	taro root,plantain, vegetables,egg, fish	Puerto Rico	520	Main Dish	no	3 Stars	Expert	\$5.00 a plate	1 hr
arroz guisado	rice, water, vegetable	Puerto Rico	339	Side Dish	yes	5 stars	Intermediate	\$3.00 a bowl	35 min
tostones	plantain, oil	Puerto Rico	92	Snack	yes	3 Stars	Intermediate	\$0 a bowl	20 min
asopao	rice,water, meat, chicken, vegetable, seafood	Puerto Rico	194	Soup	no	4 Stars	Advance	\$16.00 a plate	1hr 45 min
pernil asado	vegetable,pork, sofrito, vinegar	Puerto Rico	255	Main Dish	no	5 stars	Expert	\$10 a plate	1hr 40 min
arroz con pollo	Chicken,rice, vegetable	Spain	514	Main Dish	no	5 stars	Intermediate	\$10.50 a plate	1 hr
picadillo	Meat, vegetable,oil, vinegar	Spain	554	Main Dish	no	3 Stars	Intermediate	\$12.50 a plate	2 hr
bacalaito	seafood,flour	Mexico	172	Side Dish	no	2 Stars	Expert	\$0 a bowl	2 hr 10 min
tembleque	coconut milk, sugar, cinnamon	Puerto Rico	305	Dessert	yes	1 star	Advance	\$1.75 each	20 min
mofongo	plantain, pork, vegetable	Puerto Rico	223	Side Dish	no	2 Stars	Beginner	\$9.00 a plate	1hr 25
arroz mamposteao	rice, bacon, vegetable. Beans	Puerto Rico	226	Side Dish	yes	4 Stars	Intermediate	\$8.00 a plate	50 min
totopos	tortilla,oil	Mexico	130	Snack	yes	4 Stars	Beginner	\$1.00 each	20min
baleadas	tortilla, beans, cheese	Honduras	337	Snack	yes	2 Stars	Beginner	\$4.00 each	50 min
pozole	vegetable,herbs, pork, water	Mexico	228	Side Dish	no	3 Stars	Advance	\$10 a plate	1hr 10 min
cuajito	water, chicken, vegetable	Puerto Rico	1350	Side Dish	no	4 Stars	Advance	\$11.50 a bowl	2 hr
ceviche	vegetable,scallops, cilantro	Mexico	173	Main Dish	no	1 star	Advance	\$0 a bowl	8 hr 10 min
corona	grain, acid	German	148	Drink	yes	1 star	Expert	\$0 a bottle	can't
pastel de platano	ground beef, vegetable, water, plantain, cheese, butter	The Dominican Republic	932	Main Dish	no	2 Stars	Advance	\$1.00 a plate	1 hr 20 min
plantain con crema	plantain, cream	The Dominican Republic	148	Main Dish	yes	2 Stars	Beginner	\$0 a plate	25 min
pastel de yuca	yuca,butter,milk, vegetables,	Puerto Rico	368	Main Dish	yes	2 Stars	Intermediate	\$0 each	2 hr

arroz con camarones	rice, vegetable, shrimp	Latin America	1451	Main Dish	no	1 star	Advance	\$0a plate	1 hr 25 min
panes con gallina	bread, chicken, vegetable	El Salvador	386	Main Dish	no	5 stars	Beginner	\$10.00 each	6 hr 30 min
paella	chicken, meat, vegetable, rice,water, seafood	Spain	379	Main Dish	no	3 Stars	Intermediate	\$15.00 a plate	2 hour 20 min
mojarra frita	fish, rice, fries, salad	Mexico	195	Main Dish	no	3 Stars	Intermediate	\$5.00 a plate	45 min
pasteles	flour vegetable chicken or meat	El Salvador	311	Main Dish	no	4 Stars	Advance	\$5.00 a each	\$1 hr 55 min
bunuelos	fried dough sugar	Spain	324	Snack	yes	5 stars	Beginner	\$5.00 a plate	25 min
yaniqueque	fried dough sugar	The Dominican Republic	537	Dessert	yes	5 stars	Beginner	\$5.00 a plate	25 min
bofe	cow tongue	Columbian	166	Main Dish	no	1 star	Expert	\$0 a plate	8 hrs 15 min
sorullos	water, sugar, butter, cornmeal,oil	Puerto Rico	176	Snack	yes	3 Stars	Intermediate	\$0 a plate	1 hr
chimichurri	vinegar,vegetable, ollive oil	Argentina	51	sauce	yes	2 Stars	Intermediate	\$0 a plate	3 hr 10 min
longaniza	pork chop,salt,orange juice bitter, vegetable, oil	The Dominican Republic	151	Side Dish	no	2 Stars	Advance	\$12.00 a plate	30 min
arroz con leches	rice water milk	Scandinavian	142	Snack	yes	1 star	Intermediate	\$5.00 a cup	2 hr 40 min
arepa	flour, water, salt,oil	Columbian & Venezuela	215	Side Dish	yes	4 Stars	Intermediate	\$1.50 each	50 min
casabe	casabe plant,	The Dominican Republic	37	Side Dish	yes	2 Stars	Beginner	\$1.50 a plate	1 hr 30 min
cocada	eggs, coconut, sugar, milk, fruit syrup	Mexico	160	Snack	no	1 star	Advance	\$1.00 each	20 min
quipe	whole grain, water, ground beef, vegetables, salt, raisn	The Dominican Republic	250	Main Dish	no	3 Stars	Intermediate	\$10.00 a plate	6 hrs
Habichuelas guisadas	tomato, beans, water, oil	Puerto Rico	170	Side Dish	yes	2 Stars	Beginner	\$0 a plate	20 min
vacca frita	steak, beans, rice, onion	Cuban	357	Main Dish	no	3 Stars	Intermediate	\$7.50 a plate	1 hr 50 min
conconete	Coconut , flour, sugar, cinnamon, water	The Dominican Republic	145	Dessert	yes	1 star	Intermediate	\$0 a plate	2 hrs
chilaquiles	tortilla, chicken, cheese, beans, salsa	Mexico	443	Main Dish	no	4 Stars	Intermediate	\$10.50 a plate	1 hr 30 min
los tres golpes	eggs, plantain, salami, sausage, cheese	The Dominican Republic	170	Main Dish	no	2 Stars	Beginner	\$6.00 a plate	2 hour 20 min
La bandeja paisa	beans, plantain, carrot, pork, tomato, rice	Columbian	141	Main Dish	no	3 Stars	Intermediate	\$9.50 a plate	1 hr
chicha	corn, water, sugar, ginger, lime	El Salvador	392	Drink	yes	1 star	Advance	\$2.00 each	3 days 1 hr
rellena (morcilla)	pork, water, vegetable, flour	Columbian	402	Side Dish	no	1 star	Advance	\$6.00 each	45 min
Arroz con gandules	rice, ham, pigeon peas	Puerto Rico	1188	Side Dish	no	5 stars	Beginner	\$5.00 a plate	50 min
ensalada de papa	potatoes, eggs, onion, beets, green pea, mayonnaise	The Dominican Republic	1096	Side Dish	no	1 star	Beginner	\$1.00 a plate	45 min
pasteles	green banana, plantain, taro root, potato, pork	Puerto Rico	311	Main Dish	no	3 Stars	Expert	\$1.50 a plate	2 hr 30 min
pastelon	ground beef,pasta, plantain, cheese, onion,	Italian to Puerto Rico,	428	Main Dish	no	3 Stars	Advance	\$1.50 a plate	2 hr 30 min
pollo guisado	chicken, water, vegetable	The Dominican Republic	386	stew	no	5 stars	Advance	\$12.00 a plate	2 hr
Tarta de Santiago	almond, egg, sugar, orange, lemon, sugar	Spain	436	Dessert	no	2 Stars	Expert	\$3.50 a piece	1 hr 10 min
Tortilla y queso	flour, water, cheese	El Salvador	354	Snack	yes	4 Stars	Beginner	\$3.50 each	40 min
torrijas	bread, honey, milk, spice, egg	Spain	223	Snack	no	3 Stars	Beginner	\$4.00 a plate	30 min
crema catalana	milk, lemon, egg, cinnamon, sugar, cornstarch	Spain	1881	Dessert	no	3 Stars	Expert	\$2.50 a plate	30 min
miguelitos	egg, pastry puff, sugar, honey, flour, milk, cinnamon	Spain	188	Dessert	no	4 Stars	Advance	\$2.00 a plate	20 min
sopa de frijoles	refried beans, water garlic, onion	El Salvador	137	Soup	yes	3 Stars	Intermediate	\$4.00 a bowl	1 hr 25 mn
croquettes	potatoes, gorund meat or fish, cheese, vegetables	French	88	Main Dish	no	3 Stars	Intermediate	\$0 a plate	1 hr 30 min
salmorejo	tomatoes, white bread, garlic, oil	Spain	234	sauce	yes	3 Stars	Intermediate	\$3.00 each	30 min
pisto	tomatoes, onion, eggplant, pepper	Spain	154	Side Dish	yes	2 Stars	Intermediate	\$0 a plate	30 min
sangria	red wine, fruit, brandy	Spain	154	Drink	yes	2 Stars	Intermediate	\$2.00 a cup	5 min
queimada	wine, coffee, sugar, lemon, cinnamon	Spain	1483	Drink	yes	2 Stars	Expert	\$0 a cup	can't
kalimotxo	wine,soda	Cuban	1036	Drink	yes	1 star	Expert	\$0 a cup	can't
baleadas	tortilla, beans	Honduras	377	Snack	yes	3 Stars	Beginner	\$2.50 each	15 min
Bionico	fruit,sour cream, milk, coconut, granola	Mexico	365	Dessert	yes	2 Stars	Beginner	\$5.00 a plate	25 min
limbe	milk, walk, sugar, cinnamon	Puerto Rico	228	Dessert	yes	5 stars	Beginner	\$0 a plate	25 min
anafres	black beans, oil, cheese, tortilla, jalapeno	Honduras	365	Snack	yes	1 star	Beginner	\$0 a cup	45 min
guaro	alcohol, sugar	Costa Rica	610	Drink	yes	1 star	Expert	\$0 a plate	can't
elotes	corn on the cob, salt, butter, chili powder	Mexico	165	Snack	yes	5 stars	Beginner	\$3.00 each	45 min
guacamole	avocado, cilantro, lime juice, salt, vegetables	Mexico	150	Side Dish	yes	4 Stars	Beginner	\$1.50 a cup	10 mn
gallo pinto	black beans, white rice, egg, tortilla	Nicaragua, Costa Rica	282	Main Dish	no	3 Stars	Beginner	\$8.00 a plate	30 min