



# Calabacitas

## Ingredients:

- 2 roma tomatoes, chopped
- ½ white onion, chopped
- 3 mexican squash (calabacitas), chopped
- 1 can of corn
- ½ can tomato sauce
- 1 tbsp chicken bouillon
- ½ cup water
- ½ cup cheese of choice (preferably queso fresco or manchester)
- 1 tbsp oil of choice

## Instructions:

1. Chop tomatoes and white onion into medium sized cubes and saute with oil of choice until translucent
2. While the tomatoes and onion cook chop the mexican squash in cube sizes and add to tomatoes and onion once it is translucent
3. Add corn, tomato sauce, chicken bouillon, water mix and bring to a boil. Once it starts boiling set the heat to low, cover and let simmer for 15 minutes
4. While mixture is simmering chop cheese into small cubes and once calabacitas are soft add cheese, cover, turn off heat and let sit for 5 minutes or until cheese melts

**Prep Time:** 10 minutes

**Cooking Time:** 20 minutes

### Equipment:

- Cutting Board
- Chef's Knife
- Large pan or pot
- Mixing Spoon
- Measuring Cups/Spoons

**Servings:** 4 servings

**Serving Size:** ¾ cup



Nutrition Information: 112 kcals, 5g fat, 13g cho, 5g protein, 200mg sodium

Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry