

## **SuperCaldo with Berbere**

by Mero Cocinero Karimi

This is the vegetarian version of the soup that has been down by my ancestors to help us when we feel sick. I add Berbere to wake up the senses and to clear the nasal passages. It's simple, but if you are not vigilant, just like with uplifting the community, things may get soggy. Be anti-soggy, watch your Caldo; it's for the good of the community!

### **Elements:**

Berbere  
2 Onions  
2 lbs. Carrots, large dice  
1 lbs. Huisquil (Chayote) (3), cube  
2 lbs. Red potatoes, cube  
Water!  
2 heads of Cabbage  
3-4 stalks of Celery, cut into pieces  
½ bunch of Cilantro, cut, not chopped  
5+ cloves of garlic  
2-4 small pieces of corn  
4 tomatoes  
2 cans of garbanzos  
4 cups of broth or water  
2 bay leaves  
2 tsp olive oil  
Berbere  
Pot

### **Process:**

Dice the onion and large sliver the garlic.  
Get a pot.  
Sautee onion and garlic in olive oil.  
When onions translucent, add berbere.  
Add veggies and bay leaves, water to cover, slow boil everything.  
Cover. Cook for 20-25 minutes.  
When done, remove bay leaf.  
Eat with friends!