

CLASSIC South American HERBAL RECIPES

Everything
HERBAL

By Cheryl Jabz



NATURAL • FAITH • WELLNESS

Classic South American herbal recipes that celebrate the vibrant flavors and natural remedies of the region. Featuring fresh herbs, bold spices, and wholesome ingredients for delicious meals that nourish the body, mind & soul.



CHIMICHURRI GRILLED STEAK

Herbs: Parsley, Oregano, Garlic

Juicy grilled steak topped with a zesty chimichurri sauce. Serve with roasted vegetables or rice.



PERUVIAN HERB CHICKEN (AJÍ VERDE)

Herbs: Cilantro, Parsley, Aji Amarillo, Garlic

Tender chicken in a creamy, spicy green herb sauce. Perfect with rice and potatoes.



BRAZILIAN BLACK BEANS (FEIJOADA)

Herbs: Bay Leaf, Thyme, Garlic

Hearty black beans slow-cooked with herbs and spices. A true Brazilian comfort food.



ARGENTINE HERB EMPANADAS

Herbs: Oregano, Cumin, Parsley

Savory pastries filled with seasoned meat and herbs. Bake until golden and flaky.



COLOMBIAN CHICKEN SOUP (AJIACO)

Herbs: Cilantro, Guasca, Creole Onion

Traditional chicken soup with potatoes, corn, and aromatic herbs. Warm, comforting & healing.



QUINOA & HERB SALAD

Herbs: Cilantro, Mint, Parsley

Fresh quinoa tossed with herbs, avocado, tomatoes, and a lime dressing.



CILANTRO LIME CEVICHE

Herbs: Cilantro, Lime Leaves, Garlic

Fresh fish marinated in lime with herbs, red onion, and chili. Light and refreshing.

HERBS OF SOUTH AMERICA



CILANTRO

Bright and citrusy, essential in many traditional dishes.



OREGANO

Earthy and aromatic, adds depth to meats, beans & stews.



PARSLEY

Fresh and vibrant, rich in vitamins A, C & K.



MINT

Cooling and refreshing, great in drinks, salads & desserts.



BAY LEAVES

Aromatic and savory, used in soups, beans & slow-cooked dishes.



THYME

Warm and subtle, perfect for meats, soups & roasted foods.



GUASCA

Traditional Colombian herb with earthy flavor and benefits.

Revelation 22:2 (KJV)

"...the leaves of the tree
were for the healing of
the nations."

Bringing Nature's Goodness
to Your Table



DOWNLOAD
THIS PAGE
Print • Save
• Share

SCAN
ME!



- NATURAL INGREDIENTS
- FAITH INSPIRED
- HERBAL LIVING
- MADE WITH LOVE

