

Popular Guatemalan Dishes



Jocón de Pollo

Jocón de Pollo is a dish popular with the Mayan population of Guatemala. It is a chicken stew simmered in a tasty sauce, tinted a beautiful green by tomatillos and cilantro and thickened with ground sesame and pumpkin seeds and served with corn tortillas.



Chuchitos

Chuchitos are traditional smaller Guatemalan-style tamales that are usually made for holiday celebrations, but are also eaten any day of the year. They are made of warm corn masa dough stuffed with succulent pieces of meat such as pork or chicken and a mild tomato or chili sauce (recado) and are wrapped in corn husks and steamed.



Tamales

Guatemalan tamales colorados are made with corn dough (masa), meat, and a rich recado sauce wrapped in large banana leaves and steamed. They are considered by many to be Guatemala's national dish, usually served on holidays and commonly eaten on Saturdays.



Rellenitos de Plátano

Rellenitos de plátano are a traditional, delicious Guatemalan dessert made with mashed, cooked, ripe plantains which are filled with sweet black beans (and sometimes chocolate) then fried to make the rellenitos. They are then rolled or sprinkled in sugar and served with sour cream.



Hilachas

Hilachas is a shredded beef stew made with flank steak and a deliciously thickened broth consisting of tomatoes, tomatillos, chile guajillo, chile ancho, onion and garlic. Potatoes, chayote squash (Guisquil, in Guatemala) and carrots can also be added.

Explore the Guatemalan Aisle



Refried Red Beans



Banana Leaves



Rio Grande Pacaya In Brine



Malher Pepián Sauce Mix



Rio Grande Loroco Flowers



Semita de Arroz



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SEPTEMBER

SEPTIEMBRE 2023

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
					1	2
3	4 Labor Day	5	6	7 Brazil's Independence Day	8	9
10 Grandparents' Day	11 Patriot Day	12	13	14	15 Rosh Hashanah Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua's Independence Days	16 Mexico's Independence Day
17	18 Chile's Independence Day	19	20	21	22	23 First Day of Fall
24	25 Yom Kippur	26	27	28	29 Chuseok Sukkot Begins	30