

Popular Colombian Dishes



Bandeja Paisa

Bandeja Paisa is a traditional Colombian meal from the Andean region of the country. It consists of two types of Colombian sausage, beef, rice, red beans, a fried pork rind called chicharrón, an arepa, a plantain, a slice of avocado, and a fried egg to top it all off.



Empanadas

Empanadas are a popular snack in Colombia. A crunchy cornmeal dough, filled with a creamy, aromatic beef and potato filling, spiced with cumin and other seasonings. Serve them with aji and lime wedges on the side.



Potaje de La Vigilia

Colombia is another country in which codfish stew is a common Semana Santa and Easter tradition. In Colombia, it's called Potaje De La Vigilia, and it's made with bacalao, chickpeas, and spinach. It's perfect for Good Friday since it doesn't have any red meat or poultry in it.



Arepas de Choclo

Arepas de Choclo is one of the most important foods in Colombian cuisine. Each region has its type of arepa, but the one that brings all the varieties together is the "Arepas de Choclo." The main ingredient is a sweet corn-based dough that gives it the softness of a pancake. It is a popular street food and are also made at home. They can be eaten as a snack or breakfast with butter and cheese.



Lulada (Lulo Drink)

Lulo is an exotic fruit with a citrus flavor that is popular in Colombia. It is also known as Naranjilla, in other Latin American countries. Lulada, is a popular, cold, and refreshing drink from Cali. It is prepared from lulo, a fruit common to the region, lime juice, water, and sugar for sweetness.



Explore the Colombian Aisle



Pineapple Sauce



Pony Malta



Triguisar Powdered Mixed Seasoning



Turumba Guanabana Fruit Pulp



Colombian Coffee



Yellow Corn White Flour Porridge

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JULY JULIO 2023

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
						1
2	3	4 Independence Day	5 Venezuela's Independence Day	6	7	8
9 Argentina's Independence Day	10	11	12	13	14	15
16	17	18	19 Islamic New Year	20 Colombia's Independence Day	21	22
23	24	25	26	27 Women's World Cup Begins	28	29
30	31				Perú's Independence Day	