



Recepie from:
Guatemala



INCAP
Instituto de Nutrición
de Centro América y Panamá

Turkey Soup

4 servings

Ingredients

1 kg	Turkey (may be substituted with turkey)
2 units	Large tomatoes
1 unit	Onion
2 units	Garlic clove
2 tablespoons	Achiote paste
1 unit	Bell pepper
1 teaspoon	Pepper
1 bunch	Fresh Herbs (coriander, peppermint and xamat o samat)
To taste	Salt

Utensils

Large pot
Blender or smasher
Knife
Cutting board

Preparation

1. Fill the turkey with a bunch of samat and garlic, tie it with cooking twine, and season with salt and pepper. Boil until the meat is tender.
2. Grill the tomatoes, onion, garlic, and bell pepper until charred. Transfer them to a blender and add the achiote paste. Add the blended mixture to the turkey broth.
3. Add the fresh herbs and cook for an additional 15 minutes.
4. Serve hot with cooked white rice or white tamales made with lard and dry cheese.



Kak'ik: red with history and heart

Kak'ik is more than a soup: it is a blend of Mayan roots and Guatemalan tradition in a single dish. Prepared with turkey (*chompipe*), fresh herbs, and achiote, this spicy broth originated among the *Q'eqchi'* villages of Las Verapaces, carrying in its aromas and colors the memory of ancestral Mayan rituals and the deep flavors of Guatemalan soil. In 2007, it was declared an Intangible Cultural Heritage of the Nation, a recognition that celebrates its value as a living treasure of Guatemala's identity and the culinary heritage passed down from generation to generation.

When buying bell pepper and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

What to check

- Smooth and shiny skin
- Free of bruises, wrinkles, or soft spots
- Fleshy, heavy, and firm
- Firm, green stem

To store it:

- Refrigerate for up to 15 days in a perforated bag.
- Once cooked, roasted, and peeled, they can be frozen.

Nutritional information

Estimated nutritional value per serving

Calculations performed with NutrINCAP
Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)
321.36	41.78	67.78	4.27	56.76	390.57	6.67	0.35	55.54	14.92	0.2	0.48	6.58	0.79	39.69	0.82	40.96	14.28	4.36	0.02	0.09

Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
148.8	4.27	1.46	6	719.49	1613.42	2.38	0	39.69	2.1	208.56	0.24	0	3.1