

# Food.

## PARAGUAYAN CHEESE CORNBREAD-SOPA PARAGUAYA

Recipe by Olha7397

Despite the title, this recipe is not a soup. It is actually a hearty cornbread, flavored with cheese and onions. In Paraguay it is traditionally served as an accompaniment to soups and grilled meats, but it also makes a great addition to the breakfast or brunch table.

**READY IN:** 1hr 10mins

**SERVES:** 6-8

**UNITS:** US

### INGREDIENTS

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- 8      **tablespoons butter**
  
- 1      **large sweet onion, finely chopped**
  
- 1      **cup farmer cheese or 1 cup cottage cheese**
  
- 1      **cup grated muenster cheese or 1 cup other mild cheese**
  
- 2      **cups cornmeal**
  
- 1      **cups corn kernels, grated or (16 ounce) can cream-style corn**
  
- 1      **teaspoon salt**

1 cup milk

6 eggs, separated

<b>NUTRITION INFO</b>	
<b>Serving Size:</b> 1 (247) g	
<b>Servings Per Recipe:</b> 6	
<b>AMT. PER SERVING</b>	<b>% DAILY VALUE</b>
<b>Calories: 531</b>	
Calories from Fat 265 g	50 %
Total Fat 29.5 g	45 %
Saturated Fat 16.1 g	80 %
<b>Cholesterol</b> 277.7 mg	92 %
<b>Sodium</b> 724.6 mg	30 %
<b>Total Carbohydrate</b> 48.1 g	16 %
Dietary Fiber 4.6 g	18 %
Sugars 2.4 g	9 %
<b>Protein</b> 21.6 g	43 %

## DIRECTIONS

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Heat half the butter in a skillet and cook the onions over moderate heat until tender but not brown.

Set aside.

Combine the remaining butter with the farmer's or cottage cheese and mix until thoroughly combined.

Add the Muenster, onions, cornmeal, corn, salt, milk, egg yolks, and mix thoroughly.

Beat the egg whites until soft peaks form and fold them into the batter.

Pour the batter into a greased and floured 10 inch by 13 inch (25 cm x 30 cm) baking pan and bake in a preheated 400F (200C) oven for 45 to 55 minutes, or until a toothpick inserted in the center comes out clean.