

Foods Unique to Various Eating Traditions included in the NCC Food and Nutrient Database

Last updated on May 14, 2025

Many foods unique to the eating traditions of various cultural groups in the U.S. are included in the NDSR Database. To take into account the varying ways some dishes may be prepared, variable ingredient and preparation method questions are included in NDSR so that the dish as prepared and eaten is reflected. As an example, when entering ‘pot stickers’ in NDSR prompts include the method of preparation (‘fried’ or ‘steamed or boiled’) and whether the pot stickers are ‘with meat’ or ‘without meat’.

This document provides listings of some of the foods included in the NDSR database for various eating traditions. See the index below to locate listings of interest to you. Please note that the lists are not all-encompassing. Lists are not provided for some cuisines (e.g., Italian, Greek, German, etc.), and not all foods are listed for cuisines for which there are lists. For example, foods that have become common in the United States but originate from another eating tradition are included in NDSR but not highlighted on this list. Also, in some cases, foods could appear on more than one list because the food is not unique to just one eating tradition. For example, ‘samosa (sambusa, sambosa, sambuza, or singara)’ is listed under the “Foods consumed across multiple eating traditions” category. These listings were created from the NDSR 2025 database. If you are using a subsequent version of NDSR there may be more foods than are included in these lists because we are continually expanding foods in the database to better reflect varying eating traditions.

Index

Alaska Native	3
Eastern and Southeastern Asian	7
Foods consumed across multiple eating traditions	12
Hawaiian	13
Indian	14
Latin America and Caribbean Countries	17
Liberian	28
Mexican Pima Indian	29
Nigerian	30
Pima Indian	31
Somali	33

Alaska Native

Beverages

Tundra

Desserts

Agutuk

Fats, oils, and nuts

Bear fat (grease)

Bearded seal oil (oogruk)

Beluga whale oil

Bowhead Whale blubber

Bowhead whale oil

Ringed seal blubber

Ringed seal oil

Sea lion fat

Spotted seal oil

Walrus blubber

Walrus oil

Fruits and fruit products

Blackberries

Blueberries

Cloudberry (baked apple berry or yellowberry)

Highbush cranberries

Huckleberries

Lowbush cranberries (lingonberries)

Salmonberries

Grain products

Fry bread

Fry bread (fried bread)

Meat, fish, and poultry

Bearded seal (Oogruk)

Black bear

Blackfish

Caribou hind quarter

Caribou rump

Caribou shoulder

Caribou stew

Caribou tongue

Caribou

Chiton

Cockles

Devilfish

Fish stew

Ground squirrel

Halibut

Herring egg

Herring

Horned owl

Kemagluk

Lingcod

Mamaghwaaq

Moose liver

Moose meat

Moose stew

Northern pike

Octopus
Oopah
Polar bear
Riighnak
Ringed seal meat
Ringed seal
Salmon
Scoter duck
Sea cucumber
Sea lion heart
Sea lion kidney
Sea lion liver
Sea lion meat
Sea lion meat with fat
Sheefish
Smelt
Steelhead trout
Tukughnak
Venison, raw (sitka)
Walrus liver
Walrus meat
Walrus skin (mattak)
Walrus
Whale eyes, raw (beluga)
Whale flipper, raw (beluga)
Whale liver, raw (beluga)
Whale meat, cooked (bowhead)
Whale meat, dried (beluga)
Whale meat, raw (beluga)
Whale skin and fat (bowhead, muktuk)

Whitefish egg

Whitefish

Vegetables and vegetable products

Anguukaq greens

Fireweed leaves

Masru roots

Mouse nuts

Nunivak greens

Roseroot greens

Sourdock

Stonecrop leaves

Wild rhubarb leaves

Willow leaves

Eastern and Southeastern Asian

Beverages

Bubble tea

Jasmine tea

Oolong tea

Sake

Desserts

Injeolmi (Korean sweet rice cake)

Tteok or mochi (Korean or Japanese rice cake)

Eggs and related products

Egg foo yung

Sushi

Fats, oils, and nuts

Korean gochujang vinaigrette

Korean style dressing

Peanut sauce

Fruits and fruit products

Calamansi - fresh

Dragon fruit

Pomelo

Grain products

Asian noodle bowl

Cellophane noodles

Chinese pancakes (Moo Shu pancakes)

Chow fun rice noodles

Chow fun

Chow mein noodles
Congee
Congee with vegetables
Drunken noodles
Egg rolls
Fried wonton
Kimchi pancakes
Pad thai
Pot sticker (Asian dumpling)
Rice noodles
Soba noodles
Somen noodles
Spring roll

Meat, fish, and poultry

Adobo with rice (Filipino dish)
Asian chicken salad
Banh mi (Vietamese sandwich)
Beef and Broccoli
Beef lo mein
Beef stir fry
Beef teriyaki
Bibimbap (Korean rice with meat and vegetables)
Bulgogi (Korean BBQ beef)
Cashew chicken
Cha siu bao (Chinese barbecued pork bun)
Chicken lo mein
Chicken stir fry
Chicken teriyaki
Chicken with almonds (Chinese style)

Chop suey
Chow mein
Congee with meat
Crab rangoon (puff filled with crab and cream cheese)
Dim sum (steamed buns)
Dukboki or Tteokbokki (Korean rice cake with meat and vegetables)
General Tso Chicken
Ginger beef stir fry
Glass noodle salad
Hunan beef
Kalbi (Korean BBQ short ribs)
Kamaboko (Japanese fishcake)
Kung Pao chicken or other meat or fish
Larb gai (Thai chicken) salad
Lemon chicken
Moo goo gai pan (stir fried chicken and mushrooms)
Moo Shu (Mu Shu) pork or other meat, fish or poultry, with pancake
Orange chicken
Pork lo mein
Pork stir fry
Samgyeopsal (Korean grilled pork belly)
Sesame chicken
Shrimp lo mein
Shrimp stir fry
Shrimp teriyaki
Sukiyaki beef or other meat
Sweet and sour beef
Szechuan beef
Tempura
Tempura, shrimp, vegetables and tofu (Hawaiian)

Miscellaneous

Chili garlic sauce

Chili paste

Hot chili sauce (Sriracha)

Hot mustard sauce

Miso (soybean paste)

Tamari sauce

Teriyaki sauce

Soups, gravy, and sauces

Bird's nest soup

Black bean sauce

Black pepper sauce

Chili sauce

Duck (Chaisni) sauce, homemade

Egg drop (egg flower) soup

Egg roll dipping sauce

Fish sauce

Ginger sauce

Gochujang sauce (Korean chili paste)

Hoisin sauce

Hot and sour soup

Kimchi soup

Kung pao sauce

Lemon grass soup

Mul Naengmyeon (Korean cold noodle soup)

Nuoc cham (Vietnamese) or prik nam pla (Thai) dipping fish sauce, homemade

Orange sauce

Oyster sauce

Pho soup (Vietnamese noodle soup)

Plum sauce (Asian style)

Ponzu sauce

Sesame sauce

Szechuan sauce

Thai coconut soup

Wonton soup

Vegetables and vegetable products

Jai Monk's food

Kimchi (kim chee)

Tofu lo mein

Tofu stir fry

Vegetable lo mein

Vegetable stir fry

Foods consumed across multiple eating traditions

Desserts

Flan

Fruits and fruit products

Ackee

Breadfruit (panapen)

Grain products

Samosa (stuffed and fried pastry shell)

Meat, fish, and poultry

Curry dishes

Miscellaneous

Curry paste

Hot pepper sauce

Tamarind paste

Soups, gravy, and sauces

African peanut soup

Curry sauce

Vegetables and vegetable products

Fufu made with cassava

Jute leaves (ewedu, lalo, or saluyot)

Hawaiian

Candy, sugar, and sweets

Li Hing Mui (cracked seeds)

Li Hing sour lychee

Desserts

Haupia (coconut milk pudding)

Grain products

Malasada (Hawaiian sugared doughnut)

Manapua (filled bun)

Meat, fish, and poultry

Kalua pig (Hawaiian smoked pork)

Lau lau

Loco Moco (Hawaiian dish, rice, hamburger patty, egg & gravy)

Lomi salmon (tomatoes and onions)

Poke bowl (raw tuna and rice bowl)

Spam Musubi (Hawaiian Spam sushi)

Milk, cream, cheese, and related products

Shave ice

Miscellaneous

Furikake seasoning

Li Hing powder

Soups, gravy, and sauces

Saimin (Hawaiian noodle soup)

Vegetables and vegetable products

Poi

Indian

Beverages

Chai tea

Candy, sugar, and sweets

Barfi or burfi candy (Indian fudge)

Ladoo candy (Indian sweet)

Desserts

Firni (Indian rice pudding)

Gulab jamun (fried milk in sugar syrup)

Kheer (Indian rice pudding)

Fats, oils, and nuts

Clarified butter (ghee)

Grain products

Biryani (Indian seasoned rice)

Chapati (Indian bread)

Dosa (Indian pancake or crepe)

Idli (Indian steamed rice cake)

Masala Dosa (Indian pancake with potato filling)

Murmura or borugulu (Indian spiced puffed rice)

Naan (Indian tandoori flatbread)

Papad (papadum or papar)

Paratha (layered Indian bread)

Poori or puri (fried Indian bread)

Rava kichadi (Indian porridge with vegetables)

Roti (Indian bread)

Upma (Indian breakfast dish)

Meat, fish, and poultry

Butter chicken (murgh makhani)

Marsala

Chicken saag

Korma

Rogan josh

Tandoori style meat

Tikka masala (meat in tomato gravy)

Milk, cream, cheese, and related products

Lassi (yogurt shake)

Paneer cheese (Indian cheese)

Miscellaneous

Garam masala

Soups, gravy, and sauces

Korma sauce

Mulligatawny soup

Raita (yogurt and cucumber) sauce

Rogan josh sauce

Tikka Masala sauce

Vegetables and vegetable products

Aloo gobi (potato and cauliflower)

Aloo palak or saag (stir-fried Indian potatoes and spinach)

Chole (chickpea curry or chana masala)

Dal Makhani (lentil curry)

Masoor dal (lentils with tomatoes)

Mattar paneer (peas & cheese in gravy)

Pakora (fried vegetables with chickpea flour breading)

Palak or saag paneer (spinach and cheese in gravy)

Sambar (Indian vegetable stew)

Spinach and chickpeas (chana or chole saag)

Vada (Indian fried lentil dumpling)

Latin America and Caribbean Countries

Beverages

Agua fresca

Atole

Barrilitos Soda

Champurrado (chocolate atole)

Coquito

Cuban coffee

Hibiscus tea

Horchata

Mojito

Rompopo (egg nog with alcohol)

Yerba Mate soda

Yerba Mate tea

Candy, sugar, and sweets

Dulce de calabaza (sweetened pumpkin)

Dulce de camote (sweetened sweet potato)

Dulce de leche

Mexican chocolate (e.g. Ibarra or Abuelita)

Desserts

Bien me sabe (Venezuelan coconut cake)

Budin de coco con pasas (rice pudding, coconut, raisins)

Budin de pan (bread pudding with raisins)

Budin diplomatico (diplomat pudding)

Bunuelos (fritter)

Churros

Cinnamon crispas (fried flour tortilla, cinnamon, sugar)

Gamesa Animalitos Cookies

Gamesa Arcoiris Cookies
Gamesa Barras de CoCo Cookies
Gamesa Chokis Cookies
Gamesa Emperador Cookies Chocolate
Gamesa Flor de Naranja Cookies
Gamesa Florentinas Cookies
Gamesa Hawaianas Cookies
Gamesa Mamut Cookies
Gamesa Maravillas Cookies
Gamesa Marias Cookies
Gamesa Ricanelas Cookies
Gamesa Roscas Cookies
Gamesa Sugar Wafers Chocolate
Harina de maiz con coco (Puerto Rican sweet cornmeal dessert)
Manjar blanco (custard)
Maria cookies
Mazamorra, mundo nuevo (corn custard)
Natilla (thick custard)
Panetela borracha or sopa borracha (sponge cake soaked in liquor)
Ponque (rum flavored pound cake, no frosting)
Sopaipillas
Tamale
Tembleque (coconut milk pudding)
Tres leches cake

Eggs and related products

Huevos a la Malagueña (eggs with peas, ham, salsa)
Huevos rancheros (tortilla, eggs, salsa)
Scrambled egg, with beef jerky (Revoltillo de tasajo)

Fruits and fruit products

Agua de tamarindo

Bannan peze (Haitian fried green plantain)

Candied plantains

Guanabana nectar

Maduro frito (fried ripe plantains, no coating)

Tamarind nectar

Grain products

Almojabanas (rice meal fritters with cheese)

Arepas or arepitas (Hispanic corn pancake)

Arroz con cebollas (Hispanic rice with onions)

Arroz con coco (Hispanic rice cooked in coconut milk, unsweetened)

Arroz con gandules y jamon (rice with pigeon peas and ham)

Arroz guisado (rice with tomatoes, green peppers, & onions)

Asopao de gandules (pigeon peas with rice stew)

Atole de arroz (creamed rice cereal, with milk and sugar)

Atole de trigo (creamed wheat cereal, with milk and sugar)

Avena con leche (oatmeal, with milk and sugar)

Bean burrito

Bean burrito topped with sauce and cheese

Bean burrito with cheese

Bean enchiladas

Bolillo roll

Brazilian cheese bread

Burrito bowl without meat

Chalupas

Cheese enchiladas

Chicharrones Fried Pork Rinds

Chicharrones Pork Cracklin's Curls - Original

Chilaquiles (fried corn tortilla pieces with cheese)
Chimichanga
Congri (rice and red beans)
Corn tortilla
Cuban bread
Cuban cracker
Diri kole (Haitian rice and beans)
Egg burrito with cheese
Empanada de queso (cheese empanada)
Fried rice
Fritter, cornmeal and cheese, without egg (arepa con queso)
Gluten free tortilla
Gordita (stuffed masa)
Jamaican coco bread
Macaroni au gratin (Haitian macaroni and cheese)
Mallorca bread (Spanish coffee bread)
Moros y Cristianos (white rice with black beans)
Nachos
Pan bola de masa frita (fried dumpling)
Pan de agua (Hispanic water bread)
Pan de maiz (Hispanic cornmeal bread)
Pan de manteca (Hispanic lard bread)
Pan dulce (Hispanic sweet bread)
Pupusa
Quesadilla, with cheese (two corn tortillas and filling)
Riz djon djon (Haitian black mushroom rice)
Sope (masa shell)
Sope or gordita shell
Surullos (Hispanic cornmeal sticks)
Taco shell

Taco

Takis Tortilla Chips

Taquitos

Torrejas or Galician (Hispanic French toast with syrup)

Tortilla

Tostada salad

Tostada shell

Tostadas

Vegetable fajita with corn tortilla

White bean stew with sofrito

Meat, fish, and poultry

Ackee and saltfish

Ajiaco (vegetable stew with beef and sausage)

Alcapurrias (tannier fritter stuffed with beef and ham)

Arroz caldoso con pollo (soupy rice with chicken)

Arroz con calamares (Hispanic rice with squid)

Arroz con chorizo (Hispanic rice with chorizo and peppers)

Arroz con pollo (Hispanic rice with chicken)

Arroz con salchichas (Hispanic rice with Vienna sausage)

Arroz frito (Hispanic fried rice with ham, shrimp and pork)

Arroz relleno Dominicano (stuffed rice with chicken)

Asado relleno (stuffed meat roast)

Bacalaitos (codfish fritters)

Bacalao a la Vizcaina (cod with tomato and potatoes)

Bacalao guisado (stewed codfish with tomato, potato and chili peppers)

Barbacoa (Mexican pulled beef)

Beef enchiladas

Beef head (barbacoa de cabeza, carne de res, sin salsa)

Birria de carne (shredded meat)

Bistec encebollado (beef steak with onions)
Bouyon bœf (Haitian beef stew)
Cabrito en fricase (stewed goat with tomato, ham and salt pork)
Camarones al ajillo (garlic shrimp)
Carne guisada (stewed beef with tomato and potato)
Carnitas (Mexican pulled pork)
Ceviche (marinated fish or seafood)
Chayote relleno (stuffed chayote squash)
Chicken enchiladas
Chicken fricassee with tomato sauce and ham
Chicktay harreng (sauteed smoked herring)
Cocido Espanol (Spanish stew with meat, potatoes, vegetables and garbanzo beans)
Criollo sandwich
Cuajo guisado (Puerto Rican stewed chitterlings)
Cuban sandwich
Fish or seafood enchiladas
Fricase de conejo (stewed rabbit and potatoes in tomato sauce)
Frijoles blancos con chorizo (white beans with chorizo)
Frijoles pintos con jamon (pinto beans with ham)
Frijoles rojos con jamon y sofrito (red beans with ham and sofrito)
Frituras de papa y jamon (ham and potato fritters)
Gandinga (beef liver, chicken gizzard, tomato stew)
Garbanzos con jamon (garbanzo beans with ham)
Green bell peppers
Griot (Haitian pork dish)
Guisado de carne curada (corned beef stewed with tomato, potato, ham and salt pork)
Habas con jamon (lima beans with ham)
Habichuelas rosadas con jamon (pink beans with ham)
Haitian beef patty
Haitian stewed chicken (stewed poulet or poulet creole)

Hallacas (pork and hominy)
Jamaican beef patty
Jamaican brown stew chicken
Jamaican steamed fish
Jerk chicken
Macarrones con atun (macaroni, tuna, white sauce)
Masitas fritas (fried pork chunks)
Meat burrito
Meat burrito topped with sauce and cheese
Meat burrito with beans
Meat fajita (filling only)
Meat fajita with corn tortilla
Medianoche sandwich
Mofongo (green plaintain with cracklings)
Mollejitas guisadas (stewed chicken gizzard with tomato and wine)
Mondongo (tripe stew with potatoes, pumpkin, garbanzo beans)
Paella de mariscos (Spanish rice with seafood)
Pastel de pollo con papas en salsa de tomate (potato chicken pie with tomato sauce)
Pasteles de masa (Puerto Rican tamal with meat, plantains, taro masa, garbanzos and sofrito)
Pasteles de yuca (Puerto Rican yuca dough with meat, plantains and garbanzo)
Pastelon de carne (meatloaf with ground beef and seasonings)
Patitas de cerdo guisadas (ham, pumpkin, potato, tomato)
Pescado frito con mojo (fish a la creole)
Picadillo de aves de corral (ground poultry with tomato and potato)
Picadillo de carne (ground beef with tomato, Cuban style)
Picadillo de res (ground beef with tomato and potato)
Pinon (plaintain meat pie)
Pionono de platano (plaintain fritters with pork, beef and tomato sauce)
Plato arabe (beef, bulger, onion and mint)
Pollo en salsa sin papas (chicken with tomato sauce and ham, without potatoes)

Pollo guisado (chicken stew with tomato)
Pollo relleno (stuffed chicken)
Pork and ham empanada with vegetables
Pork or ham enchiladas
Puerco guisado (stewed pork in tomato sauce with olives and ham)
Rabo encendido (oxtail soup)
Rellenos de papas (Puerto Rican potato fritter stuffed with meat)
Repollo relleno (stuffed cabbage with beef, ham, pork)
Ropa vieja (shredded beef with tomato)
Salchichas guisadas (tomato, potato, ham, salt pork)
Salmon guisado (salmon stew with potato, tomato)
Salmorejo de jueyes (stewed crabmeat)
Sancocho (meat stew with taro, potato, pumpkin)
Sausage empanada
Serenata de bacalao (codfish salad with taro, sweet potato, plantain, tomato)
Spaghetti with corned beef (tomato-based sauce)
Stewed beef
Stewed green peas with pigs feet
Taco meat
Taco salad
Tamale casserole
Tamale in a leaf with ham
Tasajo guisado, carne cecina guisada (stewed dried beef)
Ternera en fricase (veal fricassee and potatoes in tomato sauce)
Torta de camaron seco (dried shrimp patty)

Milk, cream, cheese, and related products

Asiago cheese
Chili con queso (salsa con queso)
Crema (e.g. Mexicana or Salvadorena)

Licuada, fresa (strawberry)

Licuada

Licuada, melon (cantaloupe)

Licuada, platano (banana)

Licuada, sandia (watermelon)

Oaxacan cheese

Queso anejo

Queso asadero

Queso blanco (Puerto Rican white cheese)

Queso Chihuahua (Chihuahua cheese)

Queso Cotija

Queso fresco (Mexican white cheese)

Queso seco

Soups, gravy, and sauces

Ajiaco de pollo (creamy soup with chicken)

Avocado salsa

Base de escabeche (vinegar based marinade for Escabeche)

Caldo de frijoles rojos (stewed kidney bean broth)

Caldo de pollo (chicken broth, no meat)

Caldo de res (beef broth, no meat)

Caldo gallego (Spanish vegetables, chicken, ground beef, ham and white bean soup)

Chimichurri sauce

Enchilada sauce

Epis sauce (Haitian vegetable seasoning base)

Green salsa (salsa verde)

Joumou soup (Haitian pumpkin soup)

Mojito sauce

Mojo criollo (garlic citrus Hispanic sauce)

Mole negro (black mole)

Mole poblano (mole with poblano pepper)

Mole rojo (red mole)

Mole verde (green mole)

Mole

Picante sauce (salsa picante)

Salsa roja cocida (cooked red salsa)

Salsa roja cruda (Pico de gallo, fresh red salsa)

Salsa verde cocida (cooked green salsa)

Salsa verde cruda (fresh green salsa)

Salsa verde cocida con crema (cooked green salsa with cream)

Salsa

Sofrito, con jamon (Hispanic cooking sauce with ham, tomato and hot peppers)

Sofrito, sin tomate (Hispanic cooking sauce without ham or tomato)

Sopa de albondigas (meatball soup)

Sopa de arroz y papa (rice and potato soup)

Sopa de bacalao con arroz (codfish with rice and vegetable soup)

Sopa de borrego con fideos (lamb, pasta and vegetable soup)

Sopa de carne y fideos (meat, vegetables and noodle soup)

Sopa de fideos y papa (noodle and potato soup)

Sopa de habichuelas blancas (white bean soup)

Sopa de jamon con arroz y papas (ham, rice and potato soup)

Sopa de pescado con papas (fish soup with potatoes)

Sopa de platano (plantain soup)

Sopa de pollo con arroz y papas (chicken and rice soup with ham and potatoes)

Sopa de res (beef, vegetables and rice soup)

Sopa seca de arroz con carne (dry soup with rice, with meat)

Sopa seca de fideo con carne (dry soup with spaghetti-type noodles, with meat)

Tortilla soup

Vegetables and vegetable products

Akra (malanga fritters)

Bettraves salad (Haitian beet & potato salad)

Cassava con salsa creole (yuca with creole sauce)

Chili (chile) relleno with cheese, fried

Frijoles negros con sofrito (black beans with sofrito)

Frituras de malanga con queso parmesano (tannier fritter with parmesan cheese)

Garbanzos refritos (fried garbanzo beans)

Guacamole (avocado dip)

Papas guisadas con cebolla (Hispanic pan-fried potatoes with onion)

Pikliz (Haitian pickled vegetable relish)

Stewed cowpeas with pumkin and spicy tomato sauce

Stewed pigeon peas with ham

Liberian

Grain products

Liberian check rice

Meat, fish, and poultry

Liberian chicken gravy

Mexican Pima Indian

Grain products

Tortilla de harina (flour tortilla)

Tortilla de maiz (corn tortilla)

Meat, fish, and poultry

Carne frita (fried beef)

Milk, cream, cheese, and related products

Leche fresca de vaca (whole milk, Sonora)

Queso blanco cheese (Sonora farmer cheese)

Soups, gravy, and sauces

Sopa de pasta en caldo (broth noodle soup)

Vegetables and vegetable products

Frijol azufrado caldudo (sinaloa beans cooked with fat)

Frijol bayo caldudo (bayo beans cooked with fat)

Frijol bayo de olla (bayo beans cooked without fat)

Frijol bayo seco (fried bayo beans)

Frijol ojo de cabra caldudo (ojo de cabra beans cooked with fat)

Frijol pinto caldudo (mantequilla beans cooked with fat)

Frijol pinto de olla (mantequilla beans cooked without fat)

Frijol pinto seco (fried mantequilla beans)

Frijoles de olla cocidos (pinto beans cooked without fat)

Frijoles guisados agudados (pinto beans cooked with fat)

Nigerian

Fats, oils, and nuts

Egusi seeds

Grain products

Jollof rice (Nigerian rice in tomato-based sauce)

Nigerian bun (rock bun)

Nigerian puff puff

Meat, fish, and poultry

Efo riro (spinach stew)

Nigerian beef stew (African beef stew)

Nigerian fish roll

Nigerian meat pie

Peppered snails

Suya (Nigerian meat skewers)

Soups, gravy, and sauces

Adalu (Nigerian corn and bean porridge)

African pepper soup

Beniseed soup (African sesame seed)

Egusi soup

Ewedu (jute leaves) soup

Okra soup

Vegetables and vegetable products

Iyan (pounded yam)

Moi moi (bean paste pudding)

Nigerian beans porridge

Yam porridge

Pima Indian

Beverages

Pima Indian drinking water

Pinole

Tea

Desserts

Lycium berry pudding

Grain products

Cheese crisp

Fry bread or popover

Guyvsa

Lazy bread

Pinole flour

Quick bread

Tortilla

Meat, fish, and poultry

Beef meatball stew

Beef taco

Chicken taco

Chili beans made with hamburger

Chorizo sausage with beans

Corned beef and gravy

Corned beef sandwich filling

Corned beef

Green chili stew with beef

Ground beef and gravy

Ground beef

Liver and onions

Pinto bean and meat stew

Pork taco

Red chili stew with beef

Steak and gravy

Taco

Tamale

Tripe stew or menudo

Soups, gravy, and sauces

Milk gravy

Red chili sauce

Salsa

Tortilla soup

Vegetables and vegetable products

Beans

Cholla bud stew

Cholla buds

Corn

Mesquite bean pods

Potatoes

Pozole (pinole and tepary beans)

Squash and cheese

Vegetarian beans

Wild spinach

Somali

Beverages

Shaah adays (Somali spiced tea with milk)

Shaah bigays (Somali spiced tea)

Candy, sugar, and sweets

Kashata or gashaato (Somali coconut candy)

Somali halwa

Desserts

Basbousa (Somali semolina cake with syrup)

Icun (Somali shortbread cookie)

Kac kac (Somali cookie or sweet fried bread)

Macsharo yariis (rice and coconut cake)

Grain products

Anjero (Somali sourdough pancake)

Bariis iskukaris (Somali style rice)

Cambuulo iyo maraq (rice with beans in tomato sauce)

Malawah (Somali crepe)

Mishaari masaggo (Somali sorghum porridge)

Muufu (Somali flatbread)

Sabaayad (Somali flatbread)

Soor (African style polenta)

Meat, fish, and poultry

Bariis and hilib ari (Somali style rice with meat)

Malai Kismayo (Somali fried fish)

Muqmad or odkac (Somali preserved meat)

Suqaar (Somali meat with vegetables)

Surbiyaan hilib adhi (Somali meat with rice)

Miscellaneous

Berbere spice mix

Xawaash spice mix

Soups, gravy, and sauces

Basbaas cagaar (Somali green hot sauce)

Basbaas qumbe (Somali coconut hot sauce)

Maraq digaag (Somali chicken soup)

Maraq fahfah (Somali meat soup)

Suugo suqaar (Somali tomato pasta sauce)

Vegetables and vegetable products

Nafaqo (egg-stuffed potatoes)