

LOCRO DE PAPA



@AYLLUCUENCA_2025

PLANT-BASED EATING

In Cuenca, Ecuador

THE HISTORY OF LOCRO DE PAPAS



LOCRO COMES FROM THE QUICHUA LANGUAGE “LUQRU” WHICH MEANS THICK SOUP. IT WAS MADE WITH POTATO, CORN AND OCA (TUBER).

FINALLY, WITH THE SPANISH CONQUEST, LOCRO EVOLVED, MILK AND CHEESE WERE ADDED TO THE SOUP, TURNING IT INTO THE DELICIOUS SOUP WE IT NOWADAYS IN EVERY HOME.

POTATO HAS BEEN CONSUMED IN ECUADOR LONG BEFORE THE COUNTRY WAS FOUNDED AND IT HAS BEEN PART OF OUR DIET FOR OVER 8.000 YEARS



LOCRO DE PAPA IS MORE THAN COMFORT FOOD. IT'S A LIVING HERITAGE THAT CONNECTS IDENTITY, NUTRITION, AND SUSTAINABILITY. IN TIMES WHEN FOOD SECURITY DEPENDS ON RESCUING WHAT'S LOCAL, THIS DISH REPRESENTS HOPE.

**THIS IS A FOOD MAP OF THE TRADITIONAL PLACES TO
EAT LOCRO DE PAPAS IN CUENCA, ECUADOR AND
ENJOY PART OF OUR CULTURE AND HERITAGE.**



1. **MERCADO 3 DE
NOVIEMBRE**
2. **MERCADO 9 DE
OCTUBRE**
3. **RAYMIPAMPA**
4. **MERCADO 10 DE
AGOSTO**
5. **MERCADO 27 DE
FEBRERO**

**BONUS: YOU CAN MAKE
THIS ROUTE BY FEET IN
LESS THAN AN HOUR!**