

SANCOCHO

NUTRITION FACTS

Serving size: 8oz sancocho, 4 oz rice; Amount per serving: Calories 319, Protein 7g, Carb. 62g, Fiber 4g, Fat 5g, Sodium 274mg

INGREDIENTS

- 1 medium yellow onion, diced
- 1 ½ T olive oil
- 2 garlic cloves, chopped
- ¼ c carrots, diced
- ¼ c celery, diced
- 3 c low sodium vegetable broth
- 3 T sofrito
- ½ c tomato sauce
- ¼ tsp adobo
- 1 large green plantain, skinned and cut into ½-inch round pieces
- 1 medium yucca, cleaned and diced into ¾-inch pieces
- 1 c pumpkin, cleaned and diced into ¾-inch pieces
- 1 small potato, peeled and diced into ¾-inch pieces
- 3 T fresh cilantro, chopped
- ¼ c frozen corn kernels
- ⅓ c chickpeas

DIRECTIONS

1. In a soup pot, add oil and sauté onions, garlic, celery, and carrots.
2. Add the sofrito and cook for 3 minutes.
3. Add the adobe, vegetable broth, tomato sauce, yucca and plantains, and cook until al dente.
4. Add the potatoes and pumpkin and cook until tender.
5. Add the corn and cilantro and cook for 2 additional minutes.
6. Serve with white rice.*

**Can be served with brown rice if preferred.*

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