

Sancocho - Central America

Ingredients:

- 1 3-4 lb Chicken, cut into 8 pieces
- 7 Garlic cloves
- 3 carrots, medium, chopped
- 1 red bell pepper, cored, seeded and chopped
- 1 green bell pepper, cored, seeded and chopped
- 1 Spanish Onion, small, chopped
- 1 Habanero Chile, chopped
- 2C Cilantro, fresh, chopped
- 1 gallon Chicken Stock
- 1 small yucca, peeled and cut into 2-inch pieces
- 1 green plantain, peeled and cut into 2-inch pieces
- 5 potatoes, halved
- 2 ripe plantains, peeled and cut into 3-inch pieces
- 4 ears of corn, cut into 3 pieces each



Instructions:

Using a blender, puree the garlic, carrots, peppers, onion, chile, and 1 cup cilantro.

In a large pot, combine the puree with the chicken stock and add cumin, salt and pepper. Bring to a boil, lower the heat, and simmer for 30 minutes.

Add the chicken and simmer for another 20 minutes.

Add the yucca and green plantain and simmer for 10 minutes more. Add the potatoes, ripe plantain, corn and simmer for another 15 minutes.

In a blender, combine the remaining 1 cup cilantro with $\frac{1}{2}$ C stew broth and puree. Stir the puree into the soup, season with salt & pepper, and serve.

