

Ingredients:

2 tablespoons olive oil	1 medium yautía lila, peeled and cubed
2 tablespoons sofrito ¹	1 small malanga, peeled and cubed
1 small onion, diced	¼ head of cabbage, chopped
1 small bell pepper, diced	2 bay leaves
2 tomatoes, diced	½ bunch cilantro chopped (optional)
3 medium potatoes, cubed	2 teaspoons salt
2 medium carrots, peeled and cut in ½ inch pieces	pepper to taste
¼ small calabaza or kabocha, cubed	1 large ear of corn, cut into 4 pieces
1 medium yautía blanca, peeled and cubed	2 avocados, sliced for garnish

Directions:

1. Wash and prepare the vegetables.
2. Heat oil in large stock pot over medium heat. Add the sofrito, onion, bell pepper and celery; cook until softened (15-20 minutes).
3. Stir in the tomatoes then season with salt and pepper.
4. Add the potatoes, carrots, yautías, malanga, calabaza/kabocha and cabbage; mix well. Add water until covering 1 inch over the ingredients in the pot.
5. Add bay leaves and chopped cilantro. Cover and bring to a boil.
6. Reduce heat to medium to simmer. After 20 minutes, add the corn.
7. Cover and let it simmer until all of the vegetables are tender (20 minutes).
8. Turn off the heat and let it sit for another 20 minutes.
9. Add slices of avocado to the top for garnish.

Nutrition Facts:

Serving size: 1 cup (no avocado); Calories: 90; Fruits and Vegetables: 1 cup; Fat: 1.5g; Fiber: 2g; Sodium: 340 mg
(1/8 avocado): Calories: 130; Fruits and Vegetables: 1 ¼ cup; Fat: 4.5 g; Fiber: 4g; Sodium: 340 mg

¹Sofrito recipe can be found at: <http://extension.umass.edu/nutrition/recipes/sofrito>