Hector Reyes House Vegetarian Sancocho

Serves: 18

Ingredients:
- 2 tablespoons olive oil
- 2 tablespoons sofrito¹
- 1 small onion, diced
- 1 small bell pepper, diced
- 2 tomatoes, diced
- 3 medium potatoes, cubed
- 2 medium carrots, peeled and cut in ½ inch pieces
- ¼ small calabaza or kabocha, cubed
- 1 medium yautía blanca, peeled and cubed
- 1 medium yautía lila, peeled and cubed
- 1 small malanga, peeled and cubed
- ¼ head of cabbage, chopped
- 2 bay leaves
- ½ bunch cilantro chopped (optional)
- 2 teaspoons salt
- pepper to taste
- 1 large ear of corn, cut into 4 pieces
- 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

This material was provided by the UMass Extension Nutrition Education Program with funding from USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Massachusetts Department of Transitional Assistance at 1-866-950-3663. This institution is an equal opportunity provider and employer.