



Ajiaco: Colombian Chicken and Potato Soup

 **Gluten Free**  **Popular**

READY IN



75 min.

SERVINGS



4

CALORIES



1413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe sliced into wedges
- 2 bay leaves
- 1 skin-on chicken breasts whole split bone-in
- 0.5 cup capers rinsed drained roughly chopped
- 2 quarts chicken broth low-sodium homemade canned (or stock)
- 2 tablespoons cilantro leaves chopped
- 2 ears corn
- 4 servings kosher salt black

- 0.8 cup onion diced finely
- 1 pound potatoes split red peeled cut into 1/2-inch slices (2 small)
- 2 pounds baking potatoes peeled cut into rough 1-inch chunks (2 medium)
- 1 serrano ham finely minced seeded
- 0.5 cup cream sour with 1 tablespoon milk
- 0.3 cup frangelico dried (see note)
- 0.3 cup frangelico dried (see note)

Equipment

- bowl
- whisk
- pot
- dutch oven

Directions

- Combine chicken stock, chicken breast, onion, bay leaves, potatoes, and guascas in a large saucepot or Dutch oven.
- Add more water if necessary to cover solids by 1-inch. Bring to a boil over high heat. Reduce to a simmer and cook until chicken breast is cooked through, about 10 minutes.
- Transfer chicken breast to plate and set aside until cooled to room temperature.
- Continue to simmer potatoes until russets and papas Criollas are completely tender and falling apart, about 45 minutes longer, adding more water as necessary. Discard onion and bay leaves. Using whisk, mash potato pieces against side of pot and stir vigorously to thicken soup. The soup should be thick, with large chunks of potatoes still remaining.
- Add corn cobs and continue to cook, stirring occasionally, until corn is cooked and soup is thickened to the consistency of thick heavy cream, about 15 minutes longer.
- Remove from heat.
- Combine onion, cilantro, and chile pepper in small serving bowl and add water until just covered. Season generously with salt and stir to combine. Set aside. Discard chicken skin and bones. Shred meat into bite-size pieces and set aside in serving bowl.
- Season soup to taste with salt and pepper.

Serve immediately, passing picked chicken, chopped capers, sour cream, and aji table-side for diners to add to their bowl.

Serve avocado slices on the side.

Nutrition Facts

PROTEIN 40.02% **FAT 36.31%** **CARBS 23.67%**

Properties

Glycemic Index:66.88, Glycemic Load:47.72, Inflammation Score:-9, Nutrition Score:51.265217553014%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 29.83mg, Kaempferol: 29.83mg, Kaempferol: 29.83mg, Kaempferol: 29.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 44.73mg, Quercetin: 44.73mg, Quercetin: 44.73mg, Quercetin: 44.73mg

Nutrients (% of daily need)

Calories: 1413.4kcal (70.67%), Fat: 56.61g (87.1%), Saturated Fat: 16.13g (100.79%), Carbohydrates: 83g (27.67%), Net Carbohydrates: 72.06g (26.2%), Sugar: 7.78g (8.65%), Cholesterol: 282.61mg (94.2%), Sodium: 3152.23mg (137.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 140.39g (280.79%), Selenium: 97.77µg (139.67%), Vitamin B6: 2.48mg (124.03%), Phosphorus: 1091.05mg (109.11%), Vitamin B3: 21.26mg (106.28%), Zinc: 13.93mg (92.84%), Vitamin B12: 4.95µg (82.43%), Potassium: 2701.59mg (77.19%), Iron: 10.31mg (57.27%), Vitamin C: 46.85mg (56.79%), Magnesium: 223.88mg (55.97%), Vitamin B2: 0.8mg (47.07%), Fiber: 10.94g (43.75%), Copper: 0.83mg (41.48%), Manganese: 0.75mg (37.34%), Folate: 133.44µg (33.36%), Vitamin K: 34.36µg (32.72%), Vitamin B1: 0.43mg (28.81%), Vitamin B5: 2.54mg (25.43%), Vitamin A: 1263.58IU (25.27%), Vitamin E: 3.05mg (20.36%), Calcium: 166.6mg (16.66%), Vitamin D: 0.65µg (4.36%)