



Cocido

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf fresh dry
- ☐ 0.5 cup bread crumbs plain crumbled stale
- ☐ 15 ounce chick peas drained canned
- ☐ 1 large carrots grated peeled
- ☐ 6 cups chicken stock see
- ☐ 0.8 pound chicken tenderloins boneless skinless cut into bite-sized pieces
- ☐ 1 eggs beaten
- ☐ 2 cups extra wide egg noodles

- ☐ 0.5 cup flat-leaf parsley divided chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 pound ground beef pork and veal mix
- ☐ 2 leeks
- ☐ 1 lemon zest
- ☐ 9 servings grates nutmeg fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 plum tomatoes firm seeded finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 pound chorizo spanish halved lengthwise sliced
- ☐ 1 teaspoon paprika smoked sweet
- ☐ 1 small head or shredded

Equipment

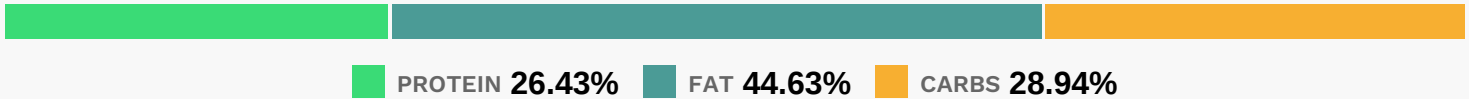
- ☐ bowl
- ☐ pot
- ☐ kitchen towels
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven or soup pot over medium to medium high heat with extra-virgin olive oil.
- ☐ Add chorizo and render 2 to 3 minutes. To chorizo, add cabbage and begin to cook it down. While cabbage wilts, trim the leeks of top 3 to 4 inches and root ends then halve them lengthwise and thinly slice. Soak in large bowl of water to release grit. Repeat of leeks are especially sandy. Wipe down work area. Dry the leeks on kitchen towel and add to cabbage with some grated carrot. Season with salt and pepper and bay leaf and sweat the vegetables 3 to 4 minutes.
- ☐ Add chick peas and chicken stock to the pot, cover to bring up to a boil.
- ☐ Uncover pot and turn heat back a bit but keep at a low boil. Stir chicken into soup.

- ☐ Add ground meat to a bowl and top with bread crumbs or crumbled bread. Season the bread with paprika, cinnamon, nutmeg, salt and pepper.
- ☐ Add a handful of parsley to the bowl and an egg.
- ☐ Mix and form 1-inch meatballs, adding them to the soup as you work. Wash up and simmer meats 5 minutes then stir in egg pasta and simmer 5 minutes more. Turn off soup.
- ☐ While the soup cooks, combine remaining parsley with lemon zest, and chopped garlic
- ☐ Place seeded and chopped tomatoes in a small bowl and combine with lemon-garlic-parsley mixture.
- ☐ Serve Cocido in shallow bowls and top with spoonfuls of tomato topping to stir in.

Nutrition Facts



Properties

Glycemic Index:74.19, Glycemic Load:9.65, Inflammation Score:-10, Nutrition Score:37.823478382567%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 11.3mg, Apigenin: 11.3mg, Apigenin: 11.3mg, Apigenin: 11.3mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 651.68kcal (32.58%), Fat: 32.2g (49.53%), Saturated Fat: 10.86g (67.88%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 38.47g (13.99%), Sugar: 9.59g (10.65%), Cholesterol: 162.87mg (54.29%), Sodium: 748.26mg (32.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.9g (85.8%), Vitamin K: 156.92µg (149.45%), Vitamin A: 4232.83IU (84.66%), Manganese: 1.25mg (62.64%), Selenium: 43.74µg (62.48%), Vitamin B6: 1.25mg (62.25%), Vitamin B3: 11.05mg (55.27%), Vitamin C: 39.46mg (47.83%), Phosphorus: 440.55mg (44.05%), Folate: 147.86µg (36.97%), Fiber: 8.51g (34.05%), Iron: 6.01mg (33.41%), Zinc: 4.98mg (33.19%), Vitamin B2: 0.54mg (31.5%), Potassium: 1072.75mg (30.65%), Vitamin B12: 1.71µg (28.5%), Vitamin B1: 0.4mg (26.56%), Magnesium: 105.94mg (26.49%), Copper: 0.52mg (25.83%), Vitamin B5: 1.73mg (17.28%), Calcium: 140.11mg (14.01%), Vitamin E: 1.61mg (10.71%), Vitamin D: 0.24µg (1.61%)