



WHATSheATE



Potato, Corn, and Chicken Stew (Ajiaco)



Gluten Free



Dairy Free

READY IN



82 min.

SERVINGS



9

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup avocado cubed peeled
- ☐ 2.5 cups baking potatoes shredded peeled finely
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4.5 teaspoons capers
- ☐ 0.5 cup carrots thinly sliced
- ☐ 4 pounds strips.
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 cups ears corn fresh divided (3 ears)

- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 3.5 cups beef broth fat-free divided
- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 cup onion chopped
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 0.5 teaspoon hot sauce hot (such as Tabasco)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups water
- ☐ 2.5 cups potatoes – remove skin red cubed peeled

Equipment

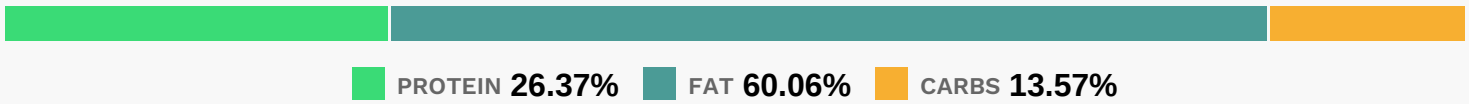
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Add half of chicken; cook 5 minutes, browning on all sides.
- ☐ Remove chicken from pan. Repeat procedure with remaining half of chicken.
- ☐ Remove from pan; discard drippings.
- ☐ Place 1 cup broth and 1/2 cup corn in a food processor; process until corn is pureed.
- ☐ Heat Dutch oven over medium-high heat.
- ☐ Add remaining 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Add onion and carrot; saut 2 minutes. Stir in pureed corn mixture, remaining 2 1/2 cups broth, remaining 1 cup corn, 1 1/2 cups water, oregano, and thyme; bring to a simmer. Stir in baking

- potato. Return chicken thighs to pan; cover, reduce heat, and simmer 20 minutes, stirring frequently to keep potato from sticking to pan.
- ☐ Add Yukon gold potato; cover and simmer 25 minutes, stirring frequently.
 - ☐ Remove chicken from pan; cool slightly.
 - ☐ Remove chicken from bones, discarding bones. Shred chicken into bite-sized pieces. Return shredded chicken to pan. Stir in cilantro and next 4 ingredients (through black pepper); cook, uncovered, 5 minutes, stirring frequently. Ladle soup into bowls; top with avocado and capers.

Nutrition Facts



Properties

Glycemic Index:34.73, Glycemic Load:6.45, Inflammation Score:-9, Nutrition Score:20.418261025263%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 557.86kcal (27.89%), Fat: 37.33g (57.42%), Saturated Fat: 9.62g (60.13%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 16.17g (5.88%), Sugar: 2.89g (3.21%), Cholesterol: 197.56mg (65.85%), Sodium: 442.45mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.75%), Selenium: 38.25µg (54.65%), Vitamin B3: 10.79mg (53.96%), Vitamin B6: 0.95mg (47.6%), Phosphorus: 388.61mg (38.86%), Potassium: 1041.4mg (29.75%), Vitamin A: 1459.82IU (29.2%), Vitamin B5: 2.62mg (26.19%), Vitamin B12: 1.29µg (21.5%), Zinc: 2.96mg (19.72%), Vitamin B2: 0.33mg (19.28%), Magnesium: 69.12mg (17.28%), Vitamin B1: 0.26mg (17.1%), Vitamin K: 14µg (13.33%), Iron: 2.3mg (12.77%), Manganese: 0.24mg (11.83%), Copper: 0.23mg (11.64%), Vitamin C: 9.33mg (11.31%), Fiber: 2.81g (11.22%), Folate: 40.53µg (10.13%), Vitamin E: 1.06mg (7.09%), Calcium: 38.66mg (3.87%), Vitamin D: 0.2µg (1.34%)