



Sancocho o Sopa de Guandú (Pigeon Peas Colombian Soup)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ají dulce sweet finely chopped
- ☐ 0.5 pound beef salted
- ☐ 1 pound beef ribs
- ☐ 1 pound cassava peeled cut into chunks
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground achiote

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons oil
- ☐ 1 onion finely chopped
- ☐ 1 pound goya pigeon peas fresh frozen
- ☐ 1 plantains green peeled cut into chunks
- ☐ 1 plantains ripe peeled cut into chunks
- ☐ 1 pound pork ribs
- ☐ 1 bell pepper red finely chopped
- ☐ 8 servings salt and pepper
- ☐ 2 scallions finely chopped
- ☐ 2 tomatoes finely chopped
- ☐ 12 cups water if necessary

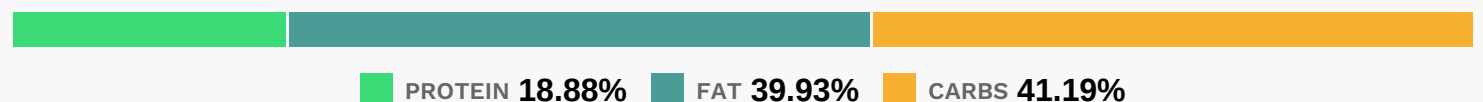
Equipment

- ☐ pot

Directions

- ☐ Make refrito: In a large pot place de oil tomatoes, scallions, bell pepper, garlic, sweet chiles, and onion over medium heat, stirring occasionally, until tender, about 4 minutes. Season refrito with salt and pepper.
- ☐ Add salted beef, beef ribs, pork and water, and simmer uncovered for about 45 minutes.
- ☐ Add the pigeon peas and keep cooking, uncovered, stirring occasionally, for about 30 minutes.
- ☐ Add the green plantain, ripe plantain, cassava, cumin and achiote. Keep cooking, uncovered, stirring occasionally, for about 30 minutes more.
- ☐ Add fresh cilantro and serve warm with rice on the side.

Nutrition Facts



Properties

Glycemic Index:40.53, Glycemic Load:15.59, Inflammation Score:-8, Nutrition Score:24.1243477075%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 523.1kcal (26.16%), Fat: 23.31g (35.86%), Saturated Fat: 7.36g (45.98%), Carbohydrates: 54.12g (18.04%), Net Carbohydrates: 47.36g (17.22%), Sugar: 7.54g (8.37%), Cholesterol: 76.3mg (25.43%), Sodium: 305.72mg (13.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.59%), Vitamin C: 46.74mg (56.66%), Vitamin B6: 0.73mg (36.51%), Vitamin B12: 2.16µg (36.01%), Zinc: 5.12mg (34.16%), Manganese: 0.67mg (33.41%), Selenium: 21.55µg (30.78%), Vitamin B3: 6.05mg (30.26%), Potassium: 1042.66mg (29.79%), Phosphorus: 295.19mg (29.52%), Folate: 110.72µg (27.68%), Fiber: 6.75g (27.01%), Vitamin B1: 0.38mg (25.13%), Vitamin K: 23.17µg (22.07%), Magnesium: 87.27mg (21.82%), Vitamin A: 1090.25IU (21.81%), Copper: 0.42mg (21.07%), Vitamin B2: 0.33mg (19.62%), Iron: 3.22mg (17.9%), Vitamin B5: 1.06mg (10.55%), Vitamin E: 1.44mg (9.59%), Calcium: 72.44mg (7.24%), Vitamin D: 0.94µg (6.27%)