



Sancocho with Aji



Gluten Free



Dairy Free



Very Healthy

READY IN



115 min.

SERVINGS



6

CALORIES



1277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 pounds beef flanken ribs (also called cross-cut ribs)
- ☐ 3 cups butternut squash diced
- ☐ 14 cups chicken broth low-sodium homemade canned
- ☐ 2 pounds chicken thighs fat removed
- ☐ 4 ears of corn husked quartered
- ☐ 1 large bunch cilantro leaves fresh with kitchen twine
- ☐ 1 cup cilantro leaves fresh finely chopped

- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 3 garlic cloves finely minced
- ☐ 0.5 small habanero pepper seeded finely chopped
- ☐ 1 medium haas avocados peeled halved seeded sliced for serving, optional
- ☐ 2 teaspoons juice of lime fresh ()
- ☐ 3 tablespoons olive oil
- ☐ 2 plantains green peeled cut into 2-inch long pieces
- ☐ 2 plantains ripe peeled cut into 2 inch long pieces
- ☐ 1 small plum tomatoes cored finely chopped
- ☐ 6 servings salt
- ☐ 8 scallions light white green finely chopped
- ☐ 2 large tomatoes cored peeled seeded chopped
- ☐ 0.8 cup water
- ☐ 1 tablespoon onion white finely chopped
- ☐ 6 servings rice white for serving, optional
- ☐ 2 large onions yellow finely chopped
- ☐ 2 inch long pieces yucca frozen
- ☐ 6 servings arepas for serving, optional

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

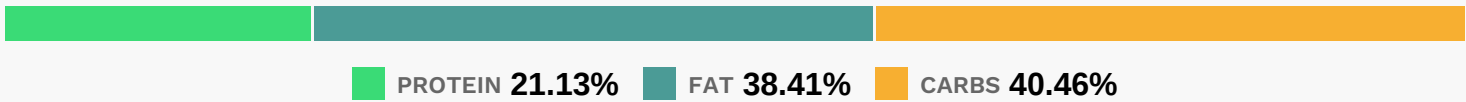
Directions

- ☐ Place the cilantro, scallions, chiles, onions, lime juice and 3/4 cup water in a small glass bowl or jar with a tight fitting lid.
- ☐ Add the tomato, if using, season with saltm to taste and stir all of the ingredients together. Cover and set the aji aside at room temperature for several hours to allow the flavors to

release into the liquid, then refrigerate until serving.;

- ☐ Heat the oil in a large stockpot over medium heat for 1 minute.
- ☐ Add the onions and garlic and cook until they're soft and transparent, about 5 minutes, stirring occasionally.
- ☐ Add the tomatoes, bay leaves, and thyme and continue to cook 5 more minutes.
- ☐ Add the chicken and the beef ribs and cook until the tomatoes have disintegrated, about 15 minutes, stirring occasionally and skimming the foam from the top of the broth when necessary.
- ☐ Add the green plantains, cilantro, and chicken stock and bring to a boil. Reduce the heat to medium-low and simmer, covered, until the plantains are tender, 30 minutes.
- ☐ Using a slotted spoon, remove the chicken from the pot and set it aside.
- ☐ Add the potatoes, pumpkin, ripe plantains, yucca and corn and simmer, uncovered, until both are tender, about 20 minutes.
- ☐ Remove the cilantro and the bay leaves and return the chicken to the pot to re-heat it. To serve, arrange a piece of chicken, some beef, plantains, and a few pieces of yucca and potatoes on each plate.
- ☐ Serve the broth in a small bowl, and the aji sauce on the side, along with a bowl of rice, corn, some avocados and arepas or tortillas on separate plates.

Nutrition Facts



Properties

Glycemic Index:90.41, Glycemic Load:29.52, Inflammation Score:-10, Nutrition Score:58.493912976721%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg, Isorhamnetin: 2.59mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg

0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 14.76mg, Quercetin: 14.76mg, Quercetin: 14.76mg, Quercetin: 14.76mg

Nutrients (% of daily need)

Calories: 1277.1kcal (63.86%), Fat: 55.7g (85.7%), Saturated Fat: 15.51g (96.95%), Carbohydrates: 132.04g (44.01%), Net Carbohydrates: 120.72g (43.9%), Sugar: 23.78g (26.42%), Cholesterol: 213.29mg (71.1%), Sodium: 800.21mg (34.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.96g (137.91%), Vitamin A: 9483.71IU (189.67%), Vitamin B3: 24.27mg (121.35%), Phosphorus: 904.28mg (90.43%), Vitamin B12: 5.26µg (87.67%), Selenium: 60.16µg (85.94%), Vitamin B6: 1.7mg (84.84%), Vitamin K: 86.27µg (82.16%), Vitamin C: 67.03mg (81.25%), Potassium: 2715.7mg (77.59%), Manganese: 1.37mg (68.56%), Zinc: 9.53mg (63.56%), Vitamin B2: 0.89mg (52.52%), Vitamin B1: 0.75mg (49.85%), Magnesium: 198.6mg (49.65%), Iron: 8.68mg (48.24%), Copper: 0.93mg (46.45%), Fiber: 11.32g (45.28%), Folate: 178.54µg (44.64%), Vitamin B5: 4.26mg (42.56%), Vitamin E: 3.71mg (24.76%), Calcium: 184.04mg (18.4%), Vitamin D: 0.15µg (1.01%)