

Vegetarian Sancocho Stew

Ingredients:

- 2 tablespoons olive oil
 - 1 yellow onion, chopped
 - 2 large carrots, peeled and sliced
 - 2 parsnips, peeled and sliced
 - 2 celery stalks, sliced
 - 1 fresh garlic clove, finely minced
 - 2 cups low-sodium vegetable stock
 - 1 can (14.5 ounces) low-sodium diced tomatoes
 - 1 large cassava root, peeled and cubed
 - 2 cups frozen green peas
 - 2 fresh cobs of corn, husked and cut in quarters
 - Black pepper and salt to taste
- Optional:* Serve with hot sauce, fresh cilantro, and lime



Servings: 4

Instructions:

1. Heat olive oil in a large sauce pan over medium heat and until warm.
2. Add onions, carrots, parsnips, and celery and sauté over medium heat until translucent, about 5-7 minutes.
3. Add garlic and sauté for an additional 2-3 minutes.
4. Add stock, tomatoes, cassava, peas, and corn to the pot and bring to a boil.
5. Reduce heat to a simmer and add salt and pepper. Continue to simmer on low for 25-30 minutes.
6. Serve with fresh cilantro, hot sauce, and lime wedges.

Nutrition Facts

4 servings per container	
Serving size	1/4 Recipe (613g)
Amount Per Serving	
Calories	420
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 82g	30%
Dietary Fiber 12g	43%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 3mg	15%
Potassium 1127mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.