

Hector Reyes House Vegetarian Sancocho

Serves 18

The Latin American stew called *sancocho* is traditionally made with a mixture of meat and vegetables. This lighter, vegetarian version was developed by the UMass Urban Agriculture and Nutrition Program at the request of the Hector Reyes House, an addiction treatment center located in Worcester, Massachusetts.

Ingredients:

1 tablespoon olive oil
2 tablespoons sofrito (UMass Extension Nutrition Education Program recipe for sofrito available at http://extension.umass.edu/nutrition/sites/extension.umass.edu.nutrition/files/recipes/Sofrito_eng.pdf)
1 small onion, diced
1 small bell pepper, diced
2 stalks celery, diced
1 crushed bouillon cube (optional; we didn't find the bouillon cube necessary, but if adding, use vegetable bouillon for vegetarian recipe)
2 tomatoes, diced
3 medium potatoes, cubed
2 medium carrots, peeled and cut in ¼-inch pieces
¼ small calabaza or kabocha (about 1 pound untrimmed), cubed
1 medium yautía blanca, peeled and cubed
1 medium yautía lila, peeled and cubed
1 small malanga (taro root), peeled and cubed
¼ head of cabbage, chopped
2 bay leaves
½ bunch cilantro, chopped (optional)
2 teaspoons salt
10-15 turns of the mill of freshly ground cracked pepper, divided
1 large ear of corn, cut into 4 pieces
2 avocados, sliced for garnish

Directions:

1. Put a large stock pot on medium heat and add the olive oil, sofrito, onion, bell pepper, celery, and bouillon cube (if using). Allow celery, onion, and pepper to soften (about 15-20 minutes). Add tomatoes and stir into mixture. Season with salt and pepper.
2. Add potatoes, carrots, yautías, malanga, calabaza/kabocha, and cabbage and stir well. Add water to cover contents of pot by 1 inch. Add bay leaves and the chopped cilantro. Taste to check that water is well seasoned. Cover and let mixture come to a boil, then reduce to simmer at medium heat.
3. Check the pot every so often, stirring the sancocho to keep the bottom from burning. After 20 minutes, add the corn on the cob. Cover again and simmer until the root vegetables are fork tender (about 20 minutes).
4. Turn off the stove and let the sancocho finish cooking with the residual heat from the pot and stove. It will be ready to eat in another 20 minutes.
5. Just before eating, garnish top with slices of avocado

Nutrition Facts (researched and established by the UMass Extension Nutrition Education Program using the ESHA Food Processor Program):

1 cup (no avocado): Calories: 90; Fruits/Vegetables: 1 cup; Fat: 1.5 g; Fiber: 2 g; Sodium: 340 mg

1 cup (with 1/8 avocado): Calories: 130; Fruits/Vegetables: 1¼ cup; Fat: 4.5 g; Fiber: 4 g; Sodium: 340 mg