

# Mushroom Sancocho

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

## About the Recipe

**198 Calories · 8 g Protein · 3 g Fiber**

**Dinner**

**Gluten-free · Nut-free · Soy-free**

If you can't find sweet chili peppers, you can use mini orange or red sweet bell peppers. If you can't find taro, you can omit it.

## Ingredients

***Makes 6 Servings***

- 25 button mushrooms
- 1 lb shiitake mushrooms
- 1 onion
- 2 garlic cloves
- 1 green bell pepper
- 3 sweet chili peppers
- 4 Roma tomatoes
- 4 cups vegetable broth
- 1/4 bunch cilantro
- 1 green plantain
- 1 yellow plantain
- 1 sweet potato
- 1 butternut squash
- 1 chayote squash
- 1 1/2 yuca
- 2 ears of corn
- 1 taro

## Directions

1. Heat a large pot or Dutch oven to medium-high heat. Add 1/4 cup (60 mL) water and stir in button and shiitake or oyster mushrooms (approximately 1 pound or 453 g). Saute mushrooms until they start to brown and stick to the bottom of the pot, 4 minutes. Pour a little bit of water to deglaze the pot and get all the brown mushroom goodness off the bottom. This is going to give the sancocho a deep mushroom flavor.
2. Reduce heat to low-medium and stir in diced onion, minced garlic, 3/4 cup of diced bell pepper, and minced sweet chili pepper. Cook until the onion is soft and translucent, 3 minutes. Stir in chopped tomatoes, and cook for 2 more minutes or until the tomatoes start to break down. Pour in broth and 3 cilantro sprigs, green plantain (peeled and sliced), yellow plantain (peeled and sliced), 1 cup diced sweet potato, 1 1/2 cups diced butternut squash, 1 cup diced chayote, 1 1/2 cups diced yuca, corn cut into 1-inch (2.5 cm) slices, and 1 cup diced taro. If necessary, add more broth to cover the vegetables. Bring to a simmer and cook for 30 minutes or until the yuca is tender. Season to taste with salt and pepper.

## Nutrition Facts

*Per Serving:*

**Calories:** 198

**Total Fat:** 8 g

**Saturated Fat:** 1.4 g

**Calories From Fat:** 36%

**Cholesterol:** 0 mg

**Protein:** 8 g

**Carbohydrate:** 27 g

**Sugar:** 5 g

**Fiber:** 3 g

**Sodium:** 126 mg

**Calcium:** 106 mg

**Iron:** 1.8 mg

**Vitamin C:** 5 mg

**Beta-Carotene:** 98 mcg

**Vitamin E:** 0.4 mg