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