

Meatless Sancocho

Serves: 6 people

Preparation time: 15 to 20 minutes

Soaking time: 30 minutes

Cooking time: 30 minutes

Ingredients

- 1 cup of yellow split peas that are rinsed and soaked for 30 minutes
- 1 medium yellow onion, chopped
- ½ cubanelle pepper, chopped
- 1 small taro peeled and cut into 1-to-2-inch cubes
- 1 small yuca peeled and cut into 1-to-2-inch cubes
- 1 cup of kabocha squash or butternut squash, cut into 1-to-2-inch cubes
- 1 small yucca peeled and cut into 1-to-2-inch cubes
- 1 green plantain, peeled and sliced into 1-inch cubes
- 2 ears of corn, cut in half
- 5 cups of vegetable stock
- 3 tablespoons of olive oil
- 3 minced garlic cloves
- 1 bunch of recao (flat cilantro), chopped
- Juice of 1 lime
- Avocado slices for serving

Instructions

1. Soak 1 cup of yellow split peas in a bowl of water for 30 minutes.
2. Drain and rinse the yellow split peas before adding to a large pot.
3. Warm the pot over medium heat. Add the olive oil, onion, garlic, cubanelle pepper and cilantro. Save some of the cilantro for garnishing at the end.
4. Add dry oregano and stir for 5 minutes.
5. Add taro, yucca, squash, plantain and split peas to the pot. Mix them well with the herbs and olive oil.
6. Add vegetable stock and corn ears. Bring the soup to a boil.



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7. After the soup has come to a boil, lower the heat, and then cover the pot with a lid.
8. Cook on low heat for 30 minutes or until split peas and root vegetables are soft.
9. Add the lime juice and mix before serving.
10. Serve with avocado slices on the side. Garnish with cilantro.

