

Puerto Rican Sancocho

Recipe makes 6 meals

Ingredients

1.5 lbs Lean Stew Meat
2 medium Russet Potatoes,
chopped
2 whole Ears of Corn, frozen or
fresh, chopped into 12 pieces
2 medium Carrots, diced
1 medium Green Plantain,
chopped
1/2 small Cabbage, chopped
6 C Beef Broth
3-4 C Water
1 C Yuca, chopped
1 C Sofrito
1 packet Sazón
2 Tbsp Olive Oil, divided
1-2 Tbsp Adobo, divided
1 Tbsp Garlic, chopped
1 Tbsp Garlic Powder
1 tsp Oregano
1/4 tsp Cumin
3-4 Bay Leaves
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 451

Fat - 11g

Carbohydrates - 51g

Protein - 32g

**Estimated Cost
Per Meal**

\$3.55

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Instructions

1. Start by chopping your stew meat into desired size and place in a large mixing bowl. Add in 1 Tbsp olive oil, 1 Tbsp adobo, 1 Tbsp garlic powder, 1 tsp oregano, 1/4 tsp cumin, and 1 packet sazón. Mix and set aside.
2. In a large pot, heat 1 Tbsp of olive oil over medium-high heat. Once oil is hot, add in your seasoned beef and brown on all sides.
3. Once your beef is browned, add in chopped garlic and cook for about 30 seconds. Add in 1 cup sofrito, mix, and cook for another 30 seconds.
4. Pour in 6 cups of beef broth, cover and cook for 15 minutes.
5. While your beef is working, chop your veggies. When you chop your potatoes and plantain, place them in a large bowl of cold water to keep them turning brown. Place the yuca in a separate bowl of cold water. You'll be adding the yuca before the other veggies.
6. After your beef has cooked for 15 minutes, add in your yuca, cover, reduce the heat to medium and cook for another 15 minutes.
7. Next, add your potatoes, plantain, and carrots. Then add enough water to ensure everything is submerged. Depending on the size of your pot, it may be 3-4 cups. Add in your corn and bay leaves. Taste your broth and add adobo to preference. Cover and cook for 30-45 minutes.
8. Last, add in your cabbage, cover, and cook for 10 more minutes, or until all veggies are fork tender.
9. When everything is done, remove the bay leaves, taste, and add salt and pepper to preference.
10. Portion out into your meal containers and enjoy!



Notes

- Sancocho, like most soups, can be changed to fit your preference. If there are any vegetables that you cannot find or do not like, you can easily sub in others or double up on some of the existing vegetables.
- Many sancocho recipes add some sweetness in the form of pumpkin, yellow plantains, or sweet potatoes. It adds a different fun flavor to the dish. Feel free to get creative with this recipe and make it your own!
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.