

Featured Recipe

Vegetarian Sancocho

Ingredients:

- 4 cups water
- 1 tsp. salt
- 1/4 cup chopped fresh cilantro or 1 Tbs. chopped dried cilantro
- 1 peeled plantain, cut into 1 inch pieces
- 1 large yellow onion, diced
- 2 pounds of peeled sweet potatoes, cut into 1 inch pieces
- 1 ear of corn, husked and cut into 2 inch pieces
- 2 cans black beans, rinsed and drained
- 1 tsp. ground cumin
- 1 tsp. ground coriander seed
- 1/2 tsp. paprika
- 1 package Sazón Goya® seasoning or 2 tsp. Konriko® Brand Chipotle Seasoning (MSG-free)
- 1/2 cup chopped red, orange or yellow peppers
- 1 Tbs. canola oil
- 1 pound chopped tomatoes

Directions:

Pour water into slow cooker or large pot, adding cilantro and salt, plantain, 1/2 of the diced onion, sweet potatoes and corn. If using a large pot, bring to a boil and cook at medium heat until the potatoes are tender, at least 30 minutes. If using a slow cooker, cook on high heat for 2-3 hours, or low heat for 6 hours, just until the potatoes are tender.

Meanwhile, sauté remaining onions and peppers with oil in a medium skillet. Sauté until the onions are translucent, then add remaining spices, stirring to coat the onions and peppers. Stir in the tomatoes. Add to the stew together with the black beans when the potatoes are cooked to tender. Stir and heat the stew thoroughly. Spoon over cornbread or rice in bowls and serve warm.