Vegetarian Sancocho (Vegetable Stew)

Servings: 6

Diet: Vegetarian, Vegan, & Gluten-Free

Ingredients

- 2 tablespoons oil
- ½ small onion, chopped
- 6 cloves garlic, minced
- 1 medium red bell pepper, chopped
- 3 tablespoons tomato paste
- 1 teaspoon oregano
- 4 cups water
- 4 cups vegetable broth, no salt added
- 1 teaspoon salt
- ½ cup dried red lentils
- 1 small yuca, peeled and chopped
- 1 plantain, peeled and chopped
- 1 ear of corn, cut into 2-inch segments
- ½ cup cilantro, chopped
- 1 lime, cut into wedges for squeezing

Instructions

STEP 1: Heat oil in a large pot over medium heat. Add the onion, garlic, red bell pepper, tomato paste and oregano. Cook until the red bell peppers and onions are soft, about 5 minutes.

STEP 2: Add the water, broth, salt, lentils, yuca and plantain to the pot and bring to a boil. Cover and turn heat down to low. Cook until the lentils and vegetables are soft, about 20 to 30 minutes, adding the corn in the last 5 minutes.

STEP 3: Serve warm and top with cilantro and lime juice.

QUICK TIPS

- **Shopping Tip:** Look for low-sodium vegetable broth.
- **Did you know?** Lentils are an excellent plant-based source of protein.
- **Ingredient Swap**: Don't have red lentils? Try with brown or green!

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