

## Colombian Chicken and Vegetable Soup



### Makes:

12 servings

### Utensil:

Saladmaster Food Processor  
9 Qt./8.5 L Braiser Pan with Cover

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### Contributed By:

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1

large chicken, cut into pieces

1

onion, shredded, use Cone #1

1

cup

tomatoes, diced

(180

g)

3

cloves garlic, shredded, use Cone #1

10

cups

water or chicken broth

(2.4

L)

1

celery stalk (optional)

2

corn cobs, cut into medium-sized pieces

1

green plantain, strung, use Cone #2

1

medium yucca, cut into pieces

1

medium sweet potato, cut into pieces

8

medium white potatoes, cut in halves

<sup>1</sup>/<sub>2</sub>

teaspoon

cumin

(1

g)

<sup>1</sup>/<sub>2</sub>

teaspoon

pepper

(1

g)

1

teaspoon

salt

(6

g)

<sup>1</sup>/<sub>2</sub>

teaspoon

coloring (optional)

(1

g)

2

tablespoons

cilantro, finely chopped

### Directions:

1. Marinate the chicken for 1 hour with half the onion and tomato.
2. Preheat pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, sauté the remaining onions and tomatoes along with the garlic for 5 minutes.
3. Add water or chicken broth and marinated chicken. Cover and cook until tender.

4. Add celery, corn cobs, plantains, yucca, sweet potatoes and potatoes.
5. Add cumin, pepper, salt and coloring, if desired. Cover and cook.
6. When Vapo-Valve? clicks steadily, reduce heat to low.
7. Continue cooking until everything is soft.
8. Check the seasoning. Serve hot and sprinkle each serving with cilantro.

Nutritional Information per Serving

**Calories:**

353

**Total Fat:**

12g

**Saturated Fat:**

3g

**Cholesterol:**

68mg

**Sodium:**

280mg

**Total Carbs:**

45g

**Dietary Fiber:**

5g

**Sugar:**

6g

**Protein:**

18g

Nutritional analysis calculated using a 2-pound (907g) chicken