

## **Chicken and Vegetable Stew**



### **Ingredients:**

1. 1 <sup>1</sup>/<sub>2</sub> quarts chicken stock
2. 1 yucca, peeled and cut into 1-inch cubes
3. 2 plantains, peeled, halved, and sliced into thirds longitudinally
4. 2 red potatoes, cut into chunks
5. 3 whole chicken breasts, skinned and quartered with bones left on
6. Juice of 2 lemons
7. 1 teaspoon cumin
8. 1 bunch scallions
9. 1 bunch cilantro
10. Salt and pepper, to taste

### **Roux:**

1. 2 tablespoons all-purpose flour
2. 2 tablespoons butter, slightly melted
3. Salt and pepper

## ***Chicken and Vegetable Stew***

### **Method:**

1. Simmer 1 cup chicken stock, scallions, cilantro, and cumin for a few minutes. Let cool. Process until becomes a smooth paste. Set aside.
2. In large saucepan, simmer remaining chicken stock and chicken breasts. As the chicken simmers, add yucca and potatoes. Skim off any froth. After a half hour, add plantains. After 50 minutes, add cilantro paste and lemon juice. Cook for another 10 minutes.
3. Mix roux ingredients and add to the soup, stirring to mix well. Test potatoes and yucca for tenderness and chicken for doneness. Add salt and pepper to taste.
4. If overcooked, the yucca, potato, and plantain disintegrate, but their rich flavors remain. Add salt and pepper to taste.

YouSigma.com