

# Sancocho (Puerto Rican Beef Stew)

Yield: 6 min  
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/best-puerto-rican-sancocho-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 5 garlic cloves minced
- 1 1/2 pounds top round beef cubed into 1 inch pieces
- 1/3 cup yellow onions chopped
- 1/3 cup green pepper chopped
- 5 sprigs cilantro chopped
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 quarts beef stock
- 1 green plantain peeled and slice into 1-inch pieces
- 1 plantain yellow, peeled and sliced into 1/2 inch pieces
- 1 sweet potato medium, diced into 1-inch pieces
- 1 yucca medium, diced into 1 inch pieces
- 1/2 pound butternut squash peeled and cubed into 1-inch pieces
- 3 new potatoes medium, peeled and quartered
- 2 ears yellow corn cleaned and sliced into 6 parts each

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 42 grams
7. SaturatedFat: 4 grams
8. Sodium: 1760 milligrams
9. Sugar: 20 grams

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