

Cazuela

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-vegan-yucca-soup-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion chopped
- 3 garlic cloves chopped
- 2 tomatoes peeled and chopped
- 1 cup cabbage coarsely chopped
- 1 cup green beans finely sliced
- 1/2 cup turnip chopped
- 1 cup fava beans peeled
- 1 carrot diced
- 2 corns cut in 2 pieces each
- 1 celery stick finely sliced
- 1/2 cup garbanzo beans cooked
- 1 cup green peas
- 4 potatoes peeled
- 1 cup pumpkin coarsely chopped
- 1 cup yucca peeled and sliced
- 1 teaspoon dried oregano
- 6 cups vegetable stock
- 1 cup parsley sprigs approximately
- salt
- pepper
- amarillo paste

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 75 grams
3. Fat: 6 grams
4. Fiber: 13 grams
5. Protein: 13 grams

6. SaturatedFat: 0.5 grams
 7. Sodium: 1160 milligrams
 8. Sugar: 13 grams
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