

Mofongo Puerto Rican Style Plantains

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 3 green plantains Large, not yellow or red ones, do not sub with banana
- 4 cups organic chicken broth or Home made chicken broth
- 3 garlic Coves, Peeled and Chopped.
- 5 slices bacon uncured nitrate free kind
- 1/3 cup fresh cilantro chopped
- 1/4 cup extra-virgin olive oil
- 4 cloves garlic Peeled and minced
- 1/2 teaspoon sea salt Himilayan, * optional
- 1/2 pound beef to 1 Marinated and cooked, Chicken or Shrimp, I marinate mine in a sauce of : 2 tbs olive oil, 2 cloves minced garlic...

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 60 milligrams
4. Fat: 40 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 11 grams
8. Sodium: 700 milligrams
9. Sugar: 20 grams
10. TransFat: 0.5 grams

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