

DESTINATION 2

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Panamanian Sancocho Chicken Soup



Servings: 5

Ingredients:

Soup:

- 2 quarts homemade or store bought chicken broth
- 2 cloves garlic, chopped
- 1 ¼ pounds boneless skinless chicken thighs
- 1 yellow onion, chopped
- 2 green plantains, 1" chop
- 1 ¼ pound yuca root, peeled, 1" chop
- 1 cup fresh or frozen corn kernels
- salt to taste

Garnish:

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 2 teaspoons cumin
- 1 teaspoon paprika
- 3 - 4 plum tomatoes, deseeded, diced
- ¼ teaspoon salt
- fresh cilantro sprigs

Instructions:

In a large 4 - 5 quart dutch oven, add broth and remaining soup ingredients except corn; bring to a boil and simmer, partially covered for 25 minutes or until vegetables are cooked through. Remove chicken; shred slightly and return to pot. Add corn. Salt to taste.

For garnish, heat 9" sauté pan over medium high heat. Add oil and sauté the onion, stirring. Add the cumin and paprika; stir and continue to sauté for a few minutes. Add tomatoes, stir and cook for 5 more minutes. Add salt.

Ladle hot soup into bowls. Garnish with tomato mixture and cilantro.