

Colombian Sancocho

Ingredients:

- 2 green bananas
- 2 pounds of yuca
- 9 potatoes medium size
- 3 mazorcas/maiz (corn on the cob)
- 1 onion
- 1 cilantro bunch
- 3 tomatoes
- 4 dientes de ajos/garlic cloves
- 3 lbs Black angus beef/chuck roast boneless
- 3 Avocado
- Spices to taste -salt/tomillo (Thyme spice)/laurel/ curry powder
- Oil

Directions:

1. Chop veggies and meat, plus the bananas/yuca/potatoes/onion/cilantro/garlic/beef
2. Place oil on a cooking pot/crock pot etc. Heat up oil.
3. Add the meat.
4. Add the veggies & cut corn into half size pieces- add it to the pot.
5. Add spices.
6. Add water so that water is above the veggies and meat.
7. Close the lid and let it cook.

Rice Ingredients:

2 tazas de arroz/2 cups of rice
4 tablespoons of oil
½ chopped onion
4 tazas de agua/4 cups of water

Directions:

1. Add oil to cooking pot and heat.
2. Add chopped onion. Cook onion until it starts looking clear/ transparent.
3. Add rice and water.

Mango Juice

3 mangos
6 cups of water
Sugar to taste

Directions:

1. Peel the mangos.
2. Cut mangoes and place in blender.
3. Add water and sugar to taste.
4. Blend. (If it is too sweet, add more water to taste).