

Sopita De Platano (Plantain Soup)

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5 to 6 cups chicken broth
2 medium potatoes, peeled
and cut into cubes
1 green plantain, peeled
and cubed
1 small onion, finely
chopped
2 tablespoons chopped
cilantro
salt (to taste)
pepper (to taste)
SALSA
scallions OR onion, finely
chopped
chopped cilantro
few drops lemon juice
salt (to taste)
OPTIONAL ADDITIONS
corn kernels
chopped cooked chicken
fresh peas

In a soup pot, combine the chicken broth, potatoes, plantain, onion, cilantro, salt and pepper.

Add any of the optional additions that you desire.

Bring to a boil. Simmer until the potatoes and plantains are cooked. (If the soup becomes too thick, add extra chicken broth.)

For garnish, prepare a salsa. In a bowl, place chopped scallions, cilantro, some lemon juice and salt. Mix well. Place a dollop of salsa on top of each serving.

Colombian plantain soup.

Per Serving (excluding unknown items): 427 Calories; 7g Fat (15.5% calories from fat); 31g Protein; 58g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 3835mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable.