



Ajiaco Criollo (Leave out the meat for a vegetarian option.)

Place the following into a 6 quart crockpot:

- ¼ lb. Flank steak, cubed into bite-size pieces
- ½ lb. Pork loin, cubed into bite-sized pieces
- 4 cups chicken broth
- ¼ cup red wine
- ¼ cup boniato (sweet potato) peeled and cubed
- ¼ cup yuca (cassava) peeled and cubed
- ¼ cup fresh pumpkin (or butternut squash) peeled and cubed
- 1 ripe plantain, peeled and cubed
- 1 ear of fresh, sweet corn, husked and cut into 2 inch chunks
- 1 tsp. Salt
- ½ tsp. pepper
- 2 tsp. Paprika
- 1 bay leaf
- 1 fresh lime, cut into slices

Prepare the sofrito:

- 3 Tbls. olive oil
- 1 small onion, diced
- ¼ green pepper, diced
- 2 cloves fresh garlic, pressed
- 1 can (8 oz) tomato sauce
- ½ tsp. Cumin
- ½ tsp. Oregano

Instructions:

- 1) Heat the olive oil in a small skillet over medium heat.
- 2) Saute the onion and green pepper until the onion is translucent. Add the garlic, tomato sauce, cumin and oregano.
- 3) Add this to the vegetables & meat in the crockpot.
- 4) Cook on low for 6-8 hours, or high for 4-5 hours.

Makes 4-6 servings

Remove the bay leaf, squeeze in the lime and serve with hot (Cuban!) bread.

<https://www.mybigfatcubanfamily.com/2016/07/ajiaco-in-slow-cooker-recipe/>