

Nicoya Chunky Tropical Vegetable Soup

Swick

Makes 8 servings | Active Time: 15 minutes | Total Time: 45 minutes

Step 1: Making the Soup

- 1 tablespoon extra-virgin olive oil
 - 2 cloves garlic, minced
 - 1 small onion, diced
 - 2 chayote squash, peeled and cut into 1/2-inch dice
 - 2 pounds yuca, peeled and cut into 1/2-inch dice
 - 3 small yellow squash or zucchini, peeled and cut into 1/2-inch dice
 - 3 potatoes, peeled and cut into 1/2-inch dice
 - 3 carrots, peeled and cut into 1/2-inch dice
 - 1 ayote squash, peeled, seeded, and cut into 1/2-inch dice
 - 4 sweet peppers, seeded and diced
 - 1 celery stalk, chopped
 - 3 to 4 quarts vegetable broth
 - Salt (optional)
- Heat the oil in a soup pot; add garlic and onion and stir-fry for 3-4 minutes.
- Add the rest of the ingredients through the broth to the pot; cover and cook on low heat until the vegetables are soft, about 30-40 minutes.
- Season with salt to taste before serving. Serve with gallo pinto and corn tortillas for a full meal.