LATIN AMERICAN · LUNCH · DINNER

# Ajiaco: Colombian Chicken and Three-Potato Soup

85 min · Serves 4 · 434 kcal a serve · Video 8:15 · Millennial en la cocina | Recetas fáciles

Gluten-free ingredients · No nuts listed

Scan for the video, full nutrition and more free recipes

A filling chicken and potato soup: each serve gives about 34 g protein and about 1,400 mg potassium from the potatoes, with avocado for healthy fats and no added sugar. Keep the cream to a spoonful.

**Diet notes:** Low saturated fat (4.2 g, 9% of the energy); DASH-friendly (550 mg sodium a serve).

## Ingredients 18 · SERVES 4

- [ ] 1 whole **bone-in chicken breast** (600–700 g), skin removed
- [ ] 200 g **papa pastusa** (floury potato), thickly sliced
- [ ] 250 g **papa sabanera** (or another potato that falls apart)
- [ ] 200 g **papa criolla** (small yellow potatoes), some peeled, some scrubbed
- [ ] 1–2 **corn cobs** (mazorca), cut into one piece per person
- [ ] 1 large **garlic** clove, finely chopped
- [ ] 100 g **cebolla larga** (about 4 stalks spring onion), tied in a bundle and removed after cooking
- [ ] 20 g **coriander** (15 g tied with the onion, plus 1 tsp chopped)
- [ ] **guascas leaves** to taste (dried if you can't get fresh)
- [ ] ½ tbsp **liquid smoke** (optional)
- [ ] 2 tbsp whole **milk**
- [ ] **Cumin**: a very small pinch of ground cumin
- [ ] **salt** to taste
- [ ] **pepper** to taste
- [ ] 1½ litres **water**
- [ ] **capers**, to serve
- [ ] **crema de leche** (cream), to serve (optional)
- [ ] 1 **avocado**, to serve

**Allergens found in the listed ingredients:** Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Halve the spring onions and tie them into a bundle with the coriander stems; tie some whole guascas leaves the same way and finely chop the rest. Pull the skin off the chicken so the soup isn't greasy. 1:55
2. Put the chicken, corn, onion–coriander bundle, the pastusa and sabanera potatoes and half the criolla potatoes in a pot. Add the water, milk, garlic, cumin, salt and pepper, cover and bring to the boil, skimming off any foam. 3:24
3. Simmer covered, turning the chicken and stirring every 10 minutes – the stirring releases starch from the potatoes and thickens the soup. After about 35 minutes grate a few peeled criolla potatoes into the pot. 4:23
4. At about 45 minutes lift out the chicken and the herb bundle. Add the remaining criolla potatoes and cook 10–15 minutes more with the lid ajar, stirring often. Shred the chicken. 5:18
5. Five minutes before the end stir in some of the shredded chicken, the guascas bundle, the chopped guascas and chopped coriander. Turn off the heat, add the liquid smoke if using, and rest for 8 minutes. 5:57
6. Serve topped with the rest of the chicken, with capers, a little cream and sliced avocado on the side. 7:11

> **Tip** Serves 4 (as the cook says). Guascas is sold dried in Latin American shops. Leftovers thicken overnight – loosen with a little water.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 434 kcal | 34 g | 47 g |
| 1,820 kJ | 67% of a day | 40 g net · 4.7 g sugars |
| | | 17% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 7.5 g | 13 g | 550 mg |
| 27% of a day | 4.2 g saturated | 24% of a day |
| | 17% of a day | |

**Energy from** net carbs 39% · protein 33% · fat 28%

**High in** (20%+ of a day) Vitamin B6 70% · Selenium 46% · Potassium 30% · Vitamin C 26% · Magnesium 23% · Folate 23% · Vitamin K 22%

**Source of** (10–19%) Iron 19% · Zinc 19% · Vitamin B12 14% · Omega-3 10%

**Recipe and video:** Millennial en la cocina | Recetas fáciles (@MillennialEnLaCocina) on YouTube — youtube.com/watch?v=R2DAkW3N_JY, published 28 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ajiaco-colombian-chicken-potato-soup