



Yuca Fuego

From: Jeff Spurgess

Prep Time: 30 min

Serves: 10+

Cook Time: 1.5 hours

Instructions

- 1) In a huge pot, put broth, diced onion, diced garlic, ½ of the celery diced, 1/2 mini peppers, cook until everything is soft (~30 min).
- 2) While the base is cooking, peel and core the yuca, stage in a large bowl with the other half of celery and mini peppers.
- 3) Add tomato paste, honey, cumin, paprika, salt & pepper and blend with an immersion blender.
- 4) Add the staged items and cook into yuca is soft (~35-45 min).
- 5) Add the coconut milk, both beans and cook a few more minutes.
- 6) Purple Sweet Potato topper: Slice into 1/8 inch disks. Very light olive oil, chili powder, cumin and cayenne, then into an air fryer until they're crispy. Use these for the topper along with fresh, crispy broccoli sprouts.

Notes

We also served this with a nice caraway seed sour dough!

Ingredients

- Vegetable Broth/stock – 3 boxes
- Onion – 1 large
- Garlic – 3 whole heads minced
- Mini Sweet Peppers—1 medium bag
- Celery – 1 whole stalk
- Tomato paste – 1 large can
- Yuca—4 lbs (3lbs once peeled and cored)
- Black Beans—2 cans
- Pinto Beans—2 cans
- Coconut Milk – 1 cans
- Honey – 1/3 cup
- Cumin—2 table spoons
- Paprika—2 table spoons
- Salt – 1 tablespoons
- Pepper – 1 tablespoons

Topper

- Purple Sweet Potato – 3 medium
- Dash chili powder
- Dash cumin
- Dash cayenne
- Broccoli sprouts

