

SPANISH STEW (Cocido)

Ingredients

- 1 chick peas
- 5 Water
- 1 round beef
- 1 beef bone
- 1 ham bone
- 1/2 chicken
- 1 Spanish sausage
- 1/4 lb. bacon
- 1/2 lb. ham
- 1 potatoes
- 1 Onion
- 1 leek
- 3 bunches collards
- 1 turnip
- 1 lg. green pepper
- 6 tomatoes
- Salt & pepper to taste



Elaboration

Soak chick peas for a couple of hours and then rinse in fresh water. Put 5 quarters of water to boil, add chick peas, round beef, chicken, bones, sausage, ham and bacon together with 1 onion, pepper and tomatoes.

When chick peas and meat are half cooked, add the rest of the ingredients and let it cook over low fire until soft. It should be cooked slowly. Serve as 3 courses: the broth (strained) to which you can add vermicelli or rice; the vegetables and the meats.