

# SANCOCHO MIX

**Vegetables in chunks / Vegetales en trozos**

**Product of Costa Rica**

It is a traditional soup (often considered a stew) in several Latin American cuisines. Sancocho is made with many kinds of meat (most commonly chicken, fish, or beef) along with large pieces of tubers and vegetables such as tomato, scallion, and cilantro depending on the region. Some even top it off with fresh cilantro, onion and squeezed lime a sort of "pico de gallo", minus the tomato.



Product	Case Pack	Ti x Hi
Frozen Sancocho	12/2lb	10 x 7

### Ingredients:

- ✓ Cassava, malanga, pumpkin, sweet potato, corn, plantain, and yam

### Attributes:

- ✓ 100% Natural.
- ✓ Peeled, frozen and ready to cook.
- ✓ Delivers outstanding flavor and menu appeal.
- ✓ 18 months frozen shelf life.
- ✓ Private Label available.

### Serving options:



### Nutrition values:

120 Calories	0 Trans fat	0 Cholesterol
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### Certifications:



### Markets:

- ✓ Retail
- ✓ Industrial
- ✓ Food service