

## CHARQUICAN



Category: Fish and meat  
main courses

Created: on 2017-07-13  
Qualified by: Supercook CL  
Suggested by: Kitchen  
Center  
Total preparation time:  
57:10 Minutes

Suitable for machine:  
- Supercook SC250  
- Supercook SC300  
- Supercook SC350  
- Supercook SC380  
- Supercook SC400

### INGREDIENTS FOR 6 SERVES

<b>350 gram</b>	carne molida o picada
<b>100 gram</b>	chopped red paprika
<b>1</b>	onion cut in quarter
<b>1</b>	garlic
<b>1</b>	zanahoria trozada
<b>200 gram</b>	porotos verdes
<b>300 gram</b>	Diced squash
<b>200 gram</b>	corn
<b>400 gram</b>	diced potatoes
<b>200 gram</b>	arvejas
<b>300 milliliter</b>	water
<b>1</b>	vegetable stock cube
<b>1 1/2 teaspoon</b>	color chili pepper
<b>3 teaspoon</b>	salt
<b>1/2 teaspoon</b>	cumin powder
<b>3 teaspoon</b>	oregano
<b>1 sprig</b>	parsley
<b>40 milliliter</b>	oil

## STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).

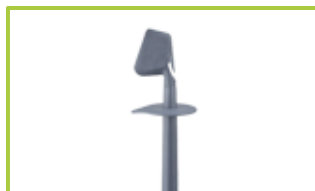
### TOOLS



Mixing knife (sharp)



Mixing tool Butterfly



Spatula



Measuring cup (MC)