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## Meat and Sweet Potato Vegetable Soup

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### Ingredients:

<b>Amount</b> (1, .50 , 8)	<b>Unit</b> (cup, Tbsp, g, ml)	<b>Item</b> (egg, chaya leaves, sugar)	<b>Preparation</b> (crushed, diced, whole)
450	g	pork or beef	cubed
1400	cc	water	
1		onion	diced
2		tomatoes	diced
1		green pepper	diced
2		plantains	diced
900	g	sweet potatoes	diced
470	cc	cabbage	shredded
1		hot pepper	
1	cloves	garlic	grated
5	cc	tropical oregano	shredded

## Recipe Instructions:

1. Cook meat until tender and retain in its broth.
2. Add water and vegetables.
3. Boil and then reduce heat to simmer about 1 hour.

## Recipe Description:

Use staple type sweet potatoes

## Recipe Serving #:

8

<http://edn.link/adgnhr>