

# Pastelón (plantain casserole)

Serves: 8 people   Preparation Time: 10 minutes   Cooking Time: 35 minutes

## Ingredients

### Plantain Mash

- 3 green plantains, peeled and cut into 4 long pieces.
- 2 yellow plantains, peeled and cut into 4 long pieces.
- 2 tablespoons of olive oil
- 2 tablespoons of butter
- 1 cup of chicken broth
- 1 tablespoon of minced garlic
- 1 teaspoon of salt

### Turkey Stew

- 1 tablespoon of olive oil
- 1 pound of ground turkey meat
- 2 teaspoons of garlic powder
- 2 teaspoons of onion powder
- 1 teaspoon of dry oregano
- 1/2 teaspoon of salt
- 1/2 cup of sofrito
- 1 cup of shredded carrots
- 1 can (14.5 ounces) of low sodium diced tomatoes
- 1/2 cup of part skim shredded mozzarella cheese

## Directions

1. Place a large pot with water over high heat. Add the plantains and bring to a boil, let cook for 10 minutes or until fork tender.
2. While the plantains are cooking, start making the turkey stew by placing a large skillet over medium high heat and adding olive oil.
3. Add the ground meat to the skillet and spread it with a wooden spoon or spatula. Add garlic powder, onion powder, dry oregano salt and sofrito. With the spatula break up the meat and mix it, let cook for about 3 minutes.
4. Add shredded carrots and diced tomatoes, mix well and let cook for another 3 minutes. Mix and lower the heat, simmer while you prepare the mashed plantains.
5. Drain water off the cooked plantains and place them in a large mixing bowl. Add salt, olive oil, butter, vegetable stock and garlic to the plantains and mash until soft.
6. Spray an 8- or 9-inch square pan with canola oil spray. And spread half of the mashed plantains over the pan and layer the cooked meat. Top with the rest of the mashed plantains and sprinkle mozzarella cheese on top.
7. Bake at 400 °F for 10 until cheese is melted and golden brown.



## About the MSK Ralph Lauren Center

Established in 2003 as a model of high-quality compassionate care, the MSK Ralph Lauren Center (RLC) serves the Harlem community and beyond in a warm and welcoming environment. To make an appointment for a cancer screening please call 212-987-1777 or visit [MSK.org/RalphLaurenCenter](https://www.mskcc.org/RalphLaurenCenter).

MSK Ralph Lauren Center  
1919 Madison Avenue (Entrance on East 124th Street)  
New York, NY 10035



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