Olla gitana or olla viuda from the Vega Baja

Yield: 4 servings

Ingredients

Pot

Chickpeas — 250 g
Potatoes — 4 pcs
Bajocas (green beans) — 100 g
Vega Baja artichokes (if in season) — 2 pcs
Celery — 2 sprigs
Parsnip (optional) — 1 pcs
Pear, sweet potato or pumpkin (optional) — 1 pcs
Tocino (pork fat) — 100 g
Onion black pudding (morcilla de cebolla) — 4 pcs
Water — to taste

Sofrito

Onions — 2 pcs
Tomato — to taste
Paprika — pinch
Flour — 1 tbsp
Extra virgin olive oil — to taste
Salt — to taste

Steps

1. Clean and chop the 100 g, the 2 sprigs and, if you are using them, the 1 pcs and the 1 pcs.
2. In a frying pan, make a sofrito with the to taste, the chopped 2 pcs and to taste, a pinch of pinch and the 1 tbsp; season with to taste to taste.
3. Put a pot of to taste on to boil and, when it is hot, add the vegetables, the sofrito and the 100 g. Take care that the parsnip doesn't burn, because it turns bitter.
4. Convega doesn't say when the 250 g go in. If they are dried, soak them the day before and add them with the vegetables; if they are cooked, add them with the potato.
5. Cook for an hour over a medium heat with the pot covered.
6. Prick the 4 pcs so it doesn't fall apart and add it with the 4 pcs and, if they are in season, the 2 pcs. Keep cooking without the lid until the potato is done.
7. Serve it piping hot: don't let it go cold.

Sources

Recetario de la Vega Baja del Segura, receta 10: olla gitana u olla viuda (Convega, mayo de 2026): https://convega.com/wp-content/uploads/2026/05/Recetario.pdf

Receta de olla gitana murciana, guiso huertano de legumbres con pera y hierbabuena (Directo al Paladar): https://www.directoalpaladar.com/recetas-vegetarianas/olla-gitana-con-peras-y-calabaza-receta-tradicional