

# Rice with Pigeon Peas and Tomatoes

*Arroz con gandules (rice with pigeon peas) is one of the most beloved of Puerto Rican dishes on the island. The gandules, also known as pigeon peas, provide a nutty flavor that compliments the famous sofrito sauce, which is full of bold flavors and color.*

SERVING SIZE: 8 SERVINGS (1 CUP EACH)  
PREPARATION TIME: 45 MINUTES

## Ingredients

1 tablespoon vegetable oil  
½ - 1 cup sofrito sauce (prepared or homemade\*)  
1 (8-ounce) can tomato sauce  
¼ cup tomato paste  
1 (15-ounce) can green pigeon peas (gandules), rinsed and drained  
1 cup carrots (fresh, frozen or canned), diced  
½ cup green beans (fresh, frozen or canned), chopped  
1 quart reduced sodium vegetable broth  
2 teaspoons adobo all-purpose seasoning  
1½ cups short grain brown rice, uncooked  
Cilantro sprigs to garnish (optional)

SCAN HERE TO  
WATCH VIDEO



### About the Recipe Author

Recipe by Sylvia Klinger, registered dietitian, author, entrepreneur and founder of Hispanic Food Communications. She loves nutrition, developing delicious healthy recipes, traveling, nature, and spending time with her family.



## Instructions

1. In a large pot, heat oil over medium heat. Add sofrito sauce,\* tomato sauce, tomato paste, pigeon peas, carrots, and green beans. Cook, uncovered, about 5 minutes, until vegetables are tender but firm.
2. Add broth, adobo seasoning, and rice. Cover and bring to a boil, then reduce heat to low. Cook for about 25 minutes, until most of the water is absorbed and the rice is tender.
3. Remove rice from heat, covered, and let stand for 5-10 minutes. Garnish with cilantro sprigs, if desired.

**Note:** You may substitute other beans, like red kidney beans, for pigeon peas. \*You can buy prepared sofrito sauce in a jar, or make your own by finely chopping and mixing together 3 garlic cloves, ¼ large white onion, 1 large green bell pepper, 1 small yellow or red bell pepper, ½ cup fresh cilantro, and 1 tablespoon vegetable oil.

**Nutritional Analysis (1 cup serving):** 241 calories, 46 g carbohydrate, 3 g fiber, 4 g total sugar, 0 g added sugar, 3 g fat, 0 g saturated fat, 0 mg cholesterol, 10 g protein, 228 mg sodium

