

**INGREDIENTS:**

- 2 tbsp of olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 2 tbsp of homemade sofrito
- ¼ fresh green bell pepper, chopped
- ¼ fresh red bell pepper, chopped
- ½ cup of fresh cilantro, chopped
- ¼ tsp of ground cumin
- ½ cup of fresh or 1 tsp of dried oregano
- 1 ½ cups of brown rice
- 1 can of green pigeon peas (drained and rinsed before cooking)
- 2 tbsp of tomato paste
- 1 tbsp of turmeric
- 1 cup of low-sodium chicken broth
- 1 cup of water



# Arroz con gandules (rice with pigeon peas)

**Directions**

1. Heat oil in a medium saucepan on medium-high heat. Sauté the onion, garlic, sofrito, and peppers until soft and translucent. Add the spices: cilantro, cumin, and oregano.
2. Add rice to the pan, and stir the rice until the vegetables are mixed. Stir in pigeon peas, tomato paste, turmeric, 1 cup of low-sodium chicken broth, and 1 cup of water. Mix the ingredients and bring the rice mixture to a boil. Cook uncovered until water is evaporated, then mix the rice again, lower the heat to low, and cover the rice until tender.