



ARROZ CON GANDULES (RICE & PIGEON PEAS)

SERVINGS: 50 SERVINGS CALORIES: 334 KCAL

A classic Puerto Rican dish! Pigeon peas are a great source of protein and important amino acids. This recipe mixes them with rice and seasons to perfection with spices like cumin, turmeric and coriander.

INGREDIENTS

6 pounds 4 ounces Rice, brown long grain, regular, dry

OR

11 pounds 8 ounces Rice, brown instant, dry

1 to 1-1/4 gallons Water

3 #10 cans Peas, pigeon canned, drained, rinsed

2-1/2 cups Tomato sauce reduced sodium

2-1/2 tablespoons Vegetable stock/bouillon

2/3 cups Oil, olive or vegetable

1.76 ounces Sazon Goya seasoning

OR SAZON GOYA FROM SCRATCH

1-1/2 teaspoons Coriander ground

1-1/2 teaspoons Cumin ground

1-1/2 teaspoons Turmeric

1-1/2 teaspoons Garlic powder

1-1/2 teaspoons Salt

11 teaspoon Oregano

1 teaspoon Pepper, black

2/3 cup Sofrito Sauce

OR SOFRITO SAUCE FROM SCRATCH

2/3 cup Bell pepper mix frozen

1/3 cup Onions chopped

7-10 cloves Garlic cloves

1/3 cup Cilantro leaves

2/3 cup Water

RECIPE NOTES

Yield 50 servings

Serving size: 1-1/2 cups or 3/4 cups

Meets USDA guidelines for K12 and childcare programs

Process # 2 – Same Day Service

INSTRUCTIONS

1. Heat oil in a tilt skillet, kettle or in a large pot using a stove top; add water, bouillon/stock, tomato sauce, sofrito sauce Sazon Goya. Mix and bring to a boil.
2. Add the pigeon peas and dry rice. Stir mixture, cover tightly with a lid.
*There will be less liquid than normal to cook rice. Do not add more water at this point.
3. Let simmer on low heat for 20 minutes. Check after 15 minutes and add another pint of water, if the consistency is dry.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

HACCP Critical Control Point: Hold at internal temperature of 135° F or above.

HACCP Critical Control Point: Reheat leftover produce to 165° F or higher; reheat product only once.

Crediting:

Portion 1-½ cups per serving. Each serving provides ½ cup starchy vegetable or 2 oz meat/meat alternates and 2 oz grain equivalent

OR

Portion ¾ cups per serving. Each serving provides 1 oz meat/meat alternate, 1 oz grain equivalent and ¼ cup vegetable.

NUTRITION FACTS PER SERVING (1.5CUPS)

Calories: 334 kcal | Fat: 6 g | Saturated fat: 1 g | Polyunsaturated fat: 2 g | Monounsaturated fat: 3 g | Sodium: 357 mg | Carbohydrates: 61 g | Fiber: 9 g | Sugar: 3 g | Protein: 10 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.