

GANDULES Y CALABAZA

NUTRITION FACTS

Serving size: 8 oz gandules, 4 oz rice; Amount per serving: Calories 316, Protein 10g, Carb. 57g, Fiber 5g, Fat 6g, Sodium 239mg

INGREDIENTS

Sofrito Sauce

- 1 medium green pepper
- 1 medium Spanish onion
- 6 cloves garlic
- 1 bunch cilantro
- 1 bunch recaó
- 1 small pack ajcico peppers

Gandules y Calabaza

- 1 ½ tsp olive oil
- ¼ medium diced red bell pepper
- ¼ medium green bell pepper
- 3 T sofrito
- ½ c low sodium vegetable broth
- ¼ c tomato sauce
- 20 oz canned pigeon peas
- 1 c kabocha squash, diced into ½ inch pieces

DIRECTIONS

Sofrito Sauce

1. Clean the cilantro and recaó.
2. Remove the seeds from the peppers.
3. Peel the onion and garlic.
4. Place all ingredients in a food processor and pulse until smooth.

Gandules y Calabaza

1. Heat the oil in a pot and add the peppers until they wilt.
2. Add the sofrito and sauté for 2 minutes.
3. Add the vegetable broth, tomato sauce, pigeon peas, and kabocha squash.
4. Cook until squash is tender.
5. Serve with yellow rice.*

**Can be served with brown rice if preferred.*

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