

Print this recipe on 8.5" X 11" card stock, using your desktop printer,
cut along dotted line, then fold in half.

Recipe card is made to fit in a 6" X 4" index card file box for future use.

If you do not use Mi Sofrito Rico™ we can not guarantee that your food will taste unbelievable!
So... Do not try these recipes with other brands of Sofrito. It won't work!

Arroz con Gandules

(Rice with Pigeon Peas)

Ingredients: (serves 4 - 6 people)

- 4 - cups of long grain rice or your choice
- 2 - 16 oz. can of gandules with liquid (Pigeon Peas)
- 1 - 8 oz. can of tomato sauce (not tomato paste)
- 2 - tablespoons of **Mi Sofrito Rico™**
- 1/2 lb of slice smoked ham steak diced
(Purchase pre-packed or ask your butcher to slice it.)
- 2 - teaspoons of **El Sazón de Marín™**
NOTE: This Sazon does NOT have MSG
- 1/4 - cup of green pitted olives
with sliced pimiento - OPTIONAL
- 1/4 - cup of capers - OPTIONAL
- 1/8 cup of extra virgin olive oil



www.MarinLatinFoods.com



FOLD

FOLD



www.MarinLatinFoods.com

Note: You may get this perfect on your first try, and it is possible, however, don't get disappointed if it doesn't. After doing it a few times you will become an expert.

Let ingredients come to a boil before adding rice. Now add the 4 cups of rice. Liquid mixture should cover the entire surface by approx. 1/4" above the rice, lower flame and bring to a medium boil. Continue monitoring the rice. The mixture will steam and recede. Once receded, cover pot and lower flame to a simmer. Wait 15-20 min. then stir gently by shifting the rice on the bottom to the top. Place the cover back on and let cook for another 5 minutes. If rice is still hard when tasting you may need to add additional water and cook a little longer until rice is fluffy and soft.

a - Wash 4 cups of rice in a strainer. Use hot water at first, and then gradually change to cold water. Remove the white film (starch) from the top of the water as you wash.
b - Trim some of the fat from the Sliced Smoked Ham Steak then dice into approximately 1/2" cubes.
c - In a medium size cooking pot add 1/8 cup of oil, 2 heaping tablespoons of **Mi Sofrito Rico™** and the cubes of ham steak. After cooking 2-3 minutes combine the following ingredients:
Gandules (Pigeon Peas) **Note:** If you don't like a lot of Gandules, just add one can.
One cans of water for each can of beans (use the same can of the beans to measure with), tomato sauce, capers, and Olives with Pimiento and **El Sazón de Marín™** Seasoning.

Cooking Instructions
Arroz con Gandules (Rice with Pigeon Peas)
~! Que lo disfrutes con salud! ~