

## **Yellow Rice & Beans**

### **Ingredients:**

5 cups	White rice
1 cup	Corn oil
5 ½ cups	Water
1 pkt.	Sazon
2 cans	Pigeon peas
2 T	Adobo
2 T	Sofrito
¼ cup	Chopped fresh parsley
1 cup	Roasted red peppers
Pinch	Cumin

### **Directions:**

1. Put all ingredients, except pigeon peas, parsley, and roasted red peppers, in a large pot with a tight fitting lid.
2. Bring to a boil uncovered.
3. Simmer covered for 30 minutes or until water is absorbed.
4. Add drained pigeon peas, chopped parsley, and chopped roasted red pepper and stir.
5. Cover until all ingredients are hot.

### **Nutrition Facts:**

Number of Servings: 24

Serving Size: ½ cup

Calories: 161

Carbohydrates: 29.6 g

Fat: 2.8g

Protein: 3.8 g