



Arroz Con Gandules (Puerto Rican Rice with Pigeon Peas)
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Arroz Con Gandules is a traditional Puerto Rican dish made with rice, pigeon peas, and aromatic sofrito. This flavorful dish is a staple in Puerto Rican cuisine and is perfect for family gatherings and celebrations.

Servings: 12 → 48

PREP TIME
5 MIN

COOKING TIME
25 MIN

TOTAL TIME
30 MIN

Ingredients

- 1/4 cup olive oil
- 1 1/3 cups country ham, (optional) or bacon, diced
- 1 1/3 cups sofrito
- 2 tablespoons sazón
- 1/2 cup tomato paste
- 4 chicken bouillon, cube
- 3 pounds 12 ounces pigeon peas, canned (Gandules) , drained and rinsed
- 1 tablespoon plus 1 teaspoon dried italian seasoning, or oregano
- 1/2 tablespoon plus 1/2 teaspoon ground bay leaf
- 12 cups water, low sodium chicken broth
- 1 cup fresh cilantro, chopped
- 8 cups parboiled rice

Nutrition

Calories 106, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, Cholesterol 2mg, Sodium 161mg, Total Carbohydrates 16g, Dietary Fiber 2g, Sugar 0g, Protein 4g, Vitamin A 77IU, Vitamin C 1mg, Calcium 26mg, Iron 1mg, Phosphorous 78mg, Potassium 217mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost country ham or bacon in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Prep pigeon peas and cilantro as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
CCP: Clean lids before opening canned goods.
Drain and rinse canned legumes & vegetables.
4. Prepare Sofrito and Sazon Seasoning according to the linked recipe if not using prepared.
5. Heat caldero/Dutch oven/pot to medium heat, and add your olive oil, bacon/ham (if using) and sofrito. Stir constantly until fragrant and tender, but not browned, about 4 minutes.
6. Add Sazón, tomato paste and chicken bouillon. Stir to combine.
7. Add drained pigeon peas, Italian seasoning or oregano, bay leaves and water/broth. Add the cilantro.
8. Allow the liquid to come up to a boil. Once the mixture is boiling, add the rice. Stir the rice to get it submerged and distribute the pigeon peas throughout. Cover and allow the rice to absorb all the visible liquid. Once most of the visible surface liquid is absorbed, stir the rice, and cover again. Lower the heat to low, and steam for 20-25 minutes until all the liquid is absorbed, the grains are fluffy and fully cooked and to the stated CCP temperature. .
CCP: Cook to a minimum internal temperature of 140 °F (60°C).
9. Hold for service.
CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving instructions

Serve ½ cup using a #8 scoop for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: White Rice

Gluten Free: White Rice

****TEXTURES & CONSISTENCIES****

FF: Finger Food Rice Patty

EC7/Soft: YES

SB6: Soft & Bite Sized White Rice

MM5: Minced & Moist White Rice

PU4: Cream of Rice OR Rubicon Pureed Rice

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 8.12.25.

Equipment

caldero/dutch oven/pot, #8 scoop

Tags

september collection, dairy free, ec7, easy to chew, easy, soft, #8 scoop, heart healthy/cardiac, low sodium, diabetic, caldero/dutch oven/pot, latin, regular, delishdlites.com, parent recipe, hot hold, beans, rice, side dish, dinner, lunch
