

# Habichuelas Guisadas (Puerto Rican Stewed Beans)

Yield: 8 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-puerto-rican-beans-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1/4 cup country ham diced ,or bacon omit if vegetarian
- 1/4 cup sofrito Puerto Rican
- 1/4 cup tomato sauce
- 1 1/2 teaspoons sazón con achiote y culantro
- 1/4 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 2 bay leaves dried
- 2 cups low sodium chicken broth
- 2 cans red beans or pinto, pink, 15 oz. cans
- 1/3 cup pumpkin diced potato, and/or baby carrots
- 8 pimientos stuffed olives
- 2 tablespoons fresh cilantro chopped for garnish
- adobo seasoning or salt, to taste

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 17 grams
6. Protein: 28 grams
7. Sodium: 230 milligrams
8. Sugar: 3 grams

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