

# Vegan Puerto Rican Rice (Arroz con Gandules)

Yield: 8 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-puerto-rican-yellow-rice-recipe>

## Ingredients:

- 1/4 cup vegetable oil or canola
- 1 cup sofrito
- 15 ounces pigeon peas green
- 1/3 cup pitted green olives
- 1/4 cup roasted red peppers optional
- 1/3 cup tomato sauce
- 2 teaspoons adobo seasoning
- 2 teaspoons garlic powder
- 2 teaspoons seasoning vegan ham, optional
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons sazón or 1 packet
- 1 teaspoon onion powder
- 1 teaspoon black pepper
- 1 teaspoon dried Mexican oregano
- 2 3/4 cups medium grain rice can also use long grain
- 3 cups water

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 91 grams
3. Fat: 14 grams
4. Fiber: 10 grams
5. Protein: 20 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 960 milligrams
8. Sugar: 1 grams

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