

Puerto Rican Style beans

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 tablespoons canola oil or more
- 1 tablespoon cilantro or parsley finely chopped
- 1 medium onion chopped
- 1 jalapeno pepper small, seeded and minced
- 3 teaspoons minced garlic
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 bay leaf
- 1 bell pepper medium, chopped
- 3/4 teaspoon cayenne pepper
- 1/4 cup tomato sauce
- 4 cups small red beans cooked, or 2-3 15oz. cans rinse and drained
- 2 cups broth or more, chicken or vegetarian
- 1 large potatoes or medium, chopped
- 1 goya sazón packet, with coriander, any Sazón without Annatto
- fresh cilantro /parsley leaves For garnishing, optional

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 144 grams
3. Fat: 10 grams
4. Fiber: 33 grams
5. Protein: 51 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 490 milligrams
8. Sugar: 8 grams

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