

# How to Make Puerto Rican Pasteles (paleo, AIP option)

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/pasteles-puerto-rico-recipe-easy>

## Ingredients:

- 30 bananas green, no yellow showing at all
- 4 roots malanga, I used 2 white and 2 lilac, peeled
- 1 1/2 pounds squash calabaza, substitute butternut or acorn
- 2 cups bone broth chicken
- 2 tablespoons salt unrefined
- 1/2 onion
- 1 bunch cilantro
- 1 head garlic yes, a whole head
- 3 bell peppers preferably red, orange, and/or yellow. If you can find aji dulce peppers, use a few of those, too
- 1 bunch fresh oregano or about 1/2 to 1 Tb dried, to taste
- 1/2 teaspoon salt unrefined, to taste
- 3 stalks celery
- 3 carrots peeled
- 1/2 cup lard or olive oil
- 2 tablespoons annatto seeds whole, achiote
- 6 tablespoons achiote aciete de, or plain lard or olive oil
- 6 tablespoons sofrito
- 2 pounds chicken or pork, cut into bite-sized pieces
- 2 1/4 ounces capers drained
- 4 leaves culantro, substitute 1/3 bunch of cilantro
- 1 teaspoon dried oregano
- 1 teaspoon salt unrefined
- 5 banana leaves packs, rinsed and cut into roughly 12"-16" squares; alternatives: "pasteles paper" from a Latin market, or plain parch...
- 1 jar green olives read labels to ensure no weird additives or preservatives
- 1 roll kitchen twine, cut into strings about 1 yard long, approximately the armspan of an adult
- 3 banana leaves OR 1 banana leaf and one sheet paste/parchment paper OR 1-2 sheets paste/parchment paper
- 1 tablespoon achiote aciete de, or plain olive oil or melted lard
- 1/2 cup masa

- 3 tablespoons meat filling
- 3 green olives