

# Puerto Rican Rice And Beans

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 1 cup rice – 1 3/4 cups water
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- 1 cup rice to 1 1/2 cups water
- 1 cup rice to 2 cups water
- 1 cup rice to 1 1/2 cups water
- 1 cup rice to 1 1/4 cups water
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/3 teaspoon annatto ground
- 1/8 teaspoon turmeric
- 1/8 teaspoon ground oregano
- 4 tablespoons cooking oil divided, \$0.16
- 1 packet sazón \$0.17
- 1/2 cup salt pork small dice, \$1.83
- 1 onion diced, \$0.42
- 1 tablespoon garlic minced, about 3 cloves, \$0.14
- 8 ounces tomato sauce \$0.59
- 4 tablespoons sofrito \$0.72
- 1 teaspoon bouillon Better Than, Roasted Chicken Base\*, \$0.12
- 2 tablespoons distilled white vinegar \$0.07
- 1 large sweet potato large dice, \$0.74
- 1 green bell pepper diced, \$0.79
- 30 ounces kidney beans drained, \$1.68
- 2 cups medium grain rice white, rinsed, \$0.76
- 3 cups boiling water \$0.00
- 2 teaspoons salt plus more to taste, \$0.05

## Nutrition:

1. Calories: 1040 calories
  2. Carbohydrate: 189 grams
  3. Fat: 21 grams
  4. Fiber: 5 grams
  5. Protein: 27 grams
  6. SaturatedFat: 1.5 grams
  7. Sodium: 1610 milligrams
  8. Sugar: 8 grams
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