

Mom's Authentic Puerto Rican Rice and Beans

Yield: 6 min
Total Time: 480 min

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

Ingredients:

- 1 pound pink beans or dry pinto, sorted and damaged beans removed, about 2 cups dried beans, soaked overnight for 6-8 hours, no longer
- 8 cups water or vegetarian broth
- 2 bay leaves
- 2 teaspoons olive oil
- 1/2 cup diced yellow onion finely
- 1/2 cup green bell pepper finely diced
- 1/4 cup cilantro finely diced
- 3 cloves garlic minced
- 1 cup no salt added tomato sauce from one 15 oz can -- reserve extra sauce for rice
- 3 teaspoons culantro Sazon, ey Achiote*, see note in recipe for how to make your own
- 2 teaspoons olive oil
- 1/3 cup diced yellow onion finely
- 1/3 cup green bell pepper finely diced
- 1/4 cup cilantro finely diced
- 2 cloves garlic minced
- 1/2 cup no salt added tomato sauce
- 3 teaspoons culantro Sazon, ey Achiote*, see note in recipe for how to make your own
- 1/8 teaspoon adobo or just a pinch
- 15 ounces pigeon peas Goya Green, **, see note in recipe for a sub
- 3 cups water
- 2 cups white rice basmati

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 150 grams
3. Fat: 5 grams

4. Fiber: 23 grams
5. Protein: 37 grams
6. Sodium: 390 milligrams
7. Sugar: 5 grams

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