

# Arroz con Gandules (Rice & Pigeon Peas)

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

**YIELD**

**50 Servings**

**100 Servings**

**Skill Level: Intermediate**

Ingredients	Weight	Measure	Weight	Measure
Brown rice, long grain, regular, dry OR Brown rice, instant, dry	6 lbs. 4 oz. OR 11 lbs. 8 oz.		12 lbs. 8 oz. OR 23 lbs.	
Water		1 – 1 ¼ gallon(s)		2-2 ½ gallons
Pigeon Peas, canned, drained, rinsed		3-#10 cans (1 ½ gallons + 1 cup)		6-#10 cans (3 gallons + 1 pint)
Tomato sauce, reduced sodium		2 ½ cups		1 quart + 1 cup
Vegetable stock/bouillon		2 ½ Tbsp.		⅓ cup
Olive or vegetable oil		⅔ cup		1 ⅓ cup
Sazon Goya seasoning OR (scratch Sazon Goya)	1.76 oz. OR		3.5 oz. OR	
Coriander, ground		1 ½ tsp		1 Tbsp.
Cumin, ground		1 ½ tsp		1 Tbsp.
Turmeric		1 ½ tsp		1 Tbsp.
Garlic powder		1 ½ tsp		1 Tbsp.
Salt		1 ½ tsp		1 Tbsp.
Oregano		1 tsp		2 tsp
Black pepper		1 tsp		2 tsp
Sofrito Sauce OR (scratch Sofrito sauce)		⅔ cup OR		1 ⅓ cup OR
Bell pepper mix, frozen		⅔ cup		1 ⅓ cup
Onion, chopped		⅓ cup		⅔ cup
Garlic cloves		7-10 cloves		14-20 cloves
Cilantro leaves		1/3 cup		⅔ cup
Water		2/3 cup		1 ⅓ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

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## Continued

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### Preparation

1. Heat oil in a tilt skillet, kettle or in a large pot using a stove top; add water, bouillon/stock, tomato sauce, sofrito sauce Sazon Goya. Mix and bring to a boil.
2. Add the pigeon peas and dry rice. Stir mixture, cover tightly with a lid.  
\*There will be less liquid than normal to cook rice. Do not add more water at this point.
3. Let simmer on low heat for 20 minutes. Check after 15 minutes and add another pint of water, if the consistency is dry.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### Serving Information

Portion 1 ½ cups per serving.

Each serving provides ½ cup starchy vegetable or 2 meat/meat alternates and 2 ounce equivalent grains.

OR

Portion ¾ cups per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and ¼ cup vegetable.

### Nutrition Information per 1 ½ cup serving \*From USDA Nutrient Database

Calories: 334 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 2g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 61g Fiber: 9g Total Sugar: 3g Protein: 10g Sodium: 357mg Vitamin A: 6µg  
Vitamin C: 24mg Calcium: 60mg Iron: 2mg Folate: 87µg

