

Rice and Pigeon Peas

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Serves: 4-6 people
Yield: 6 cups
Time: 1:40 hours

Ingredients

½ cup of dried green pigeon peas
(see page 68)
1 tablespoon of olive oil
1 large yellow onion, small dice
1 clove garlic, minced
8 ounces of Dominican sausage or ham,
chopped in bite size pieces (optional)
1 teaspoon of sazón (see page 58)
1 teaspoon of low sodium soy sauce
1 teaspoon of honey
2 cups of water
1 cup of brown or white rice (see page 66)
Sea salt to taste

Directions

- ✦ Cook pigeon peas in a small pot with water 2 inches above peas. Bring to a boil and reduce to a simmer for about 20 minutes or until beans are tender. Add salt and remove from heat. Keep lid on and allow to sit in salted water for about 10 minutes.
- ✦ While peas are cooking, heat a medium pot with olive oil and sauté onion and garlic until soft. Add sausage or ham and lightly brown.
- ✦ Add sazón, soy sauce and honey and stir.
- ✦ Add the water and bring to a boil.
- ✦ Drain and rinse rice and peas, and then add to pot.
- ✦ Simmer, covered for about 45 minutes or until liquid is absorbed.
- ✦ Keep the lid on and remove from heat. Allow to steam for 15 minutes.
- ✦ Fluff with a fork.

Did You Know?

Pigeon peas are considered a bean. Rice and beans complement one another to provide a complete protein similar to meat but without all the saturated fat. So make it vegetarian and skip the meat!

