

### **Yellow Rice**

Add about 1 cup of any brown rice variety (uncooked and unrinsed) to the saucepan with the tinted oil. Adding annato seeds to 1 tablespoon of warm olive oil allows the yellow orange color to leach out then remove the seeds and use the oil.

Add your favorite red/orange coloring spices - paprika, turmeric, saffro and 1 1/2 teaspoon salt

Mix in a few tablespoons of uncooked wild rice for a colorful touch.

Pour plenty of water and cook for almost 1 hour. If the rice dries up before it is fully cooked, add more water and keep the heat on.

If the rice is fully cooked and you still have liquid left over, enjoy the soupy rice and remember this fact for next time!

White rices cook in 15 to 20 minutes; wild rice and brown rices take almost 1 hour. For a combination of white and brown rice you must cook them separately.

### **Rice with Pigeon Peas / Arroz con Gandules**

Follow above recipe. remember that brown rice may take up to an hour! Make sure you add sufficient water.

Add an assortment of chopped savory ingredients: onion, garlic, cilantro, and 1/2 cup tomato sauce

Cook the rice until almost done before adding a can of cooked gandules (pigeon peas) for this signature dish from Puerto Rico.

### **Beans with vegetables Puerto Rican style**

A pot of any variety and amount of cooked beans - home made or from cans

4 carrots

1 sweet potato, an apple, some raisins.

A great bunch of leafy greens (kale, bok choy, cabbage, or collards) and a bunch of cilantro

1 onion, 1 pepper, 4 garlic cloves

2 cans of diced tomatoes

Season with salt, pepper, oregano, wine or vinegar - taste and adjust

Add commercially sold ground soy meat or wheat balls for a thicker chili consistency.

Serve over plain rice.