

PIGEON PEAS & RICE

By: Gabby
Keene State College Dietetic Intern



Ingredients

- 1 Tablespoon Vegetable Oil
- 1/4 Onion, finely chopped
- 1 Tablespoon Minced Garlic
- 2 Teaspoon Chopped Cilantro
- 1/4 Teaspoon Dried Oregano
- 1 Tablespoon Tomato Paste
- 2 Cans Green Pigeon Peas
- 2 Cups Water with Chicken Bouillon
- 1 Can Coconut Milk
- 1 Teaspoon Salt
- 2 1/2 Cups Brown Rice

Directions

1. Heat oil in pot over medium-high heat. Add onion, garlic, cilantro and oregano. Cook until onions soften, about 5 minutes. Add tomato paste.
2. Add pigeon peas, chicken bouillon mixture, coconut milk and salt; bring to boil. Stir in rice; return water to boil. Boil 1 minute. Reduce heat and simmer, without stirring, until water evaporates. Stir rice. Reduce heat to lowest setting & cook, covered for about 20 minutes.
3. Fluff rice with fork; serve.

Nutrition Fun Facts

Pigeon peas are an excellent source of plant-based protein to help build and maintain muscle & other tissues . They are also a great source of fiber to aid in digestion and keeps us satisfied longer!