



Peas and Rice *Bahamian Style*

Serves 8

INGREDIENTS

4 tablespoons vegetable oil
½ cup onion (finely chopped)
½ bell pepper (any color, finely chopped)
½ can (3 ounces) tomato paste
1 can (15 ounces) pigeon peas (gandules verdes)
Thyme - 3 tablespoons dried leaves and
1 tablespoon ground
3½ cups water (including the water
from the can of peas)
1½ cups rice
1½ teaspoons Season All

DIRECTIONS

1. Heat vegetable oil over medium heat in a saucepan.
2. Add chopped onions and bell pepper and sauté for 5 minutes or until onions are transparent.
3. Add tomato paste and thyme and sauté for another 2-3 minutes.
4. Drain water from pigeon peas and add peas to saucepan. Set water from can aside to use for cooking the rice.
5. Take water from the can of peas and add enough water to make up to 3½ cups.
6. Add Season All and bring ingredients to a boil over high heat. Add the rice.
7. Turn heat down to low and cook until all the water is absorbed (approximately 20 minutes).

NUTRITION:

233 calories
6 g protein

105 mg phosphorus
355 mg potassium

273 mg sodium