

Habichuelas Blancas

Ingredients

1. 1lb of dry black eyed peas (or any type of bean)
2. 3/4lb pumpkin or potato
3. 8 cups water
4. 1 tsp white vinegar
5. Add sofrito
6. 2 ¾ tsp salt
7. ¼ cup tomato sauce
8. Sazon goya seasoning packet

How to make spanish sofrito:

1. BLEND ALL INGREDIENTS
 - a. 1/2lb green peppers
 - b. 1/8 lb of sweet peppers
 - c. 1/2lb of onions
 - d. 6 cloves of garlic
 - e. 8 leaves of culantro
 - f. 8 leaves of cilantro
 - g. 1Tbs of oregano
 - h. ¼ cup vegetable oil
 - i. ¼ cup of vegetable oil with achiote
 - j. ½ lb of ham
 - k. 1 piece of bacon(optional)

Steps to making the beans:

1. The night before, rinse beans with water. Then put the beans to soak over-night in water (8-12 hours)
2. The next day, drain water out. Add the beans to a large pot with 8 cups of water.
3. Add ¾ cup pumpkin to the pot
4. Bring to a boil and then lower heat to a simmer for one hour.
5. Blend the now soft pumpkin in a blender and add it back into the pot.
6. Add blended sofrito (from above)
7. 2 ¾ tsp of salt, or to taste. Add the tomato sauce, vinegar, and sazón seasoning.
8. Bring to a boil and keep on medium heat for one hour.
9. Optional to eat by itself or serve over rice.