

Puerto Rican Recipes



- Sofrito - 3
- Pollo Guisado - 5
- Asopao de Pollo - 7
- Jibarito - 9
- Puerto Rican Tostones (Fried Plantains) - 11
- Habichuelas Guisadas - 13
- Slow Cooker Puerto Rican Shredded Pork - 14
- Pastelon (Puerto Rican Layered Casserole) - 16
- Slow Cooker Pernil Pork - 18
- Easy Arroz con Gandules - 20
- Puerto Rican Sancocho - 22
- Puerto Rican Steamed Rice - 24
- Mofongo - 25
- Arroz con Pollo (Chicken and Rice) - 27
- Pastelon (Sweet Plantain "Lasagna") - 29

Recipes gathered from the Internet

Credit goes to the Recipe Authors and Photographers

Sofrito

Sofrito is the base for most Puerto Rican dishes, and this one is better than store bought (difficult to find in the stores in the Western United States). This can be added to beans, rice, soups, stews, you name it.

prep: 20 mins

total: 20 mins

Servings: 80

Yield: 5 cups



Ingredients

- 2 medium (blank)s green bell peppers, seeded and chopped
- 1 red bell peppers, seeded and chopped
- 10 peppers ajies dulces peppers, tops removed
- 3 medium tomatoes, chopped
- 4 medium (2-1/2" dia)s onions, cut into large chunks
- 3 medium heads garlic, peeled
- 25 eaches cilantro stems (with leaves)
- 25 eaches recajo stems (with leaves)
- 1 tablespoon salt
- 1 tablespoon black pepper

Directions

- Step 1

In a food processor, combine green peppers, red peppers ajies dulces, tomatoes, onions, and garlic. Add cilantro, recajo, salt, and pepper. Process to the consistency of semi-chunky salsa (not watery). Place in a resealable plastic freezer bag, and use as needed, or freeze in portions.

Notes

Recao is a popular Caribbean herb with many aliases. Among them, culantro, long coriander, ngo-gai, and Mexican coriander. It may possibly be found in Latin grocery stores, or substitute with cilantro.

Tips

Aji Dulce is a common ingredient in Puerto Rican recipes. It is a small, sweet red pepper. If you can't find it, use red bell pepper.

Nutrition Facts

Per Serving:

9.8 calories; 0.4 g protein; 2.2 g carbohydrates; 0 mg cholesterol; 89 mg sodium.

Pollo Guisado

A delicious and easy Spanish chicken stew, or pollo guisado. Great for entertaining and makes for great leftovers. Serve over white rice.

prep: 15 mins

cook: 1 hr 35 mins

total: 1 hr 50 mins

Servings: 8



Ingredients

- 2 tablespoons olive oil
- 1 whole chicken, cut up
- 1 pinch salt and ground black pepper to taste
- 1 medium onion, chopped
- 4 cloves garlic, minced
- ½ cup sofrito
- 2 eaches potatoes, peeled and cubed
- 2 cups chicken broth
- 1 (8 ounce) can tomato sauce
- 1 (1.41 ounce) package sazón seasoning
- ½ teaspoon ground cumin
- 1 bay leaf
- 2 tablespoons cold water
- 1 tablespoon cornstarch

Directions

- Step 1

Heat olive oil over medium-high heat in a Dutch oven. Season chicken with salt and pepper and add to the hot pot to brown, 6 to 7 minutes per side. Transfer chicken a bowl and cover with an aluminum foil tent.

- Step 2

Reduce heat to medium; add onion to the pot and saute until translucent, about 5 minutes. Add garlic and cook for 1 minute. Stir in sofrito and cook for 2 to 3 minutes. Add potatoes, chicken broth, tomato sauce, sazón, cumin, and bay leaf; bring to a boil. Return chicken to the pot. Cover and cook for 1 hour. Remove chicken.

- Step 3

Mix water and cornstarch together in a small bowl; stir into simmering mixture until nicely thickened. Place chicken back into the pot and continue to cook about 10 minutes more.

Nutrition Facts

Per Serving:

278.2 calories; 18.7 g protein; 14.3 g carbohydrates; 47.6 mg cholesterol; 1339.4 mg sodium.

Asopao de Pollo

This traditional Puerto Rican chicken and rice stew is filling and flavorful.

prep: 25 mins

cook: 35 mins

total: 1 hr

Servings: 6



Ingredients

- 2 pounds boneless, skinless chicken thighs
- ½ teaspoon ground black pepper
- 1 serving light adobo seasoning (such as Goya®)
- 3 tablespoons olive oil
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 ½ cups medium-grain rice
- 2 (14.5 ounce) cans diced tomatoes
- 6 cups low-sodium chicken broth
- 1 bay leaf
- ¼ teaspoon red pepper flakes, or to taste
- 1 cup frozen petite peas, thawed
- 1 cup sliced pimento-stuffed green olives
- ¼ cup chopped fresh cilantro

Directions

- Step 1

Season chicken thighs with black pepper and adobo seasoning.

- Step 2

Heat olive oil in a large pot over medium-high heat. Cook and stir green pepper, red pepper, onion, garlic, and tomato paste in the hot oil, until the vegetables have softened slightly, 3 to 4 minutes. Remove vegetables from the pot and set aside.

- Step 3

Pan fry chicken in the pot until browned, 4 to 5 minutes on each side. Return cooked vegetables to the pot along with rice, diced tomatoes, chicken broth, bay leaf, and red pepper flakes. Bring to a boil, then reduce heat to medium-low and simmer until rice is tender and chicken is no longer pink inside, about 20 minutes.

- Step 4

Stir in peas and olives and cook for another 5 minutes. Remove from heat and discard bay leaf. Stir in cilantro and serve.

Nutrition Facts

Per Serving:

549.7 calories; 38.1 g protein; 55.2 g carbohydrates; 130.6 mg cholesterol; 2149.1 mg sodium.

Jibarito

Authentic Puerto Rican sandwich that my family can't get enough of. Wonderful because there is NO bread involved!!!

prep: 10 mins

cook: 15 mins

total: 25 mins

Servings: 1



Ingredients

- 2 cups vegetable oil for frying
- 1 green plantain, peeled and halved lengthwise
- 2 tablespoons vegetable oil
- 1 clove garlic, minced
- 4 ounces beef skirt steak, cut into thin strips
- ¼ medium yellow onion, thinly sliced
- 1 pinch cumin
- 1 pinch dried oregano
- 1 tablespoon mayonnaise
- 1 slice processed American cheese, cut in half
- 2 slices tomato
- 3 leaves lettuce

Directions

- Step 1

Heat 2 cups vegetable oil in a large, deep skillet or deep fryer to 350 degrees F. Place plantain halves in the oil and cook 1 to 2 minutes, until they float. Remove from oil and drain on paper towels.

- Step 2

Place plantain halves between 2 cutting boards. Press to flatten. Place the flattened plantains back in the oil and cook for 2-3 minutes, until golden brown. Drain on paper towels.

- Step 3

Heat 2 tablespoons of oil in a large skillet. Add the garlic, skirt steak, onion, cumin and oregano. Cook, stirring frequently, until steak is cooked through.

- Step 4

To serve, spread mayonnaise on one of the plantain slices. Top with cheese, steak and onion mixture, lettuce, and tomato. Place the other plantain half on top to form a sandwich. Cut in half and serve!

Nutrition Facts

Per Serving:

1219.5 calories; 23.6 g protein; 65.4 g carbohydrates; 67.6 mg cholesterol; 550.9 mg sodium.

Puerto Rican Tostones (Fried Plantains)

Crispy fried plantains. A plantain is a very firm banana. Serve as side dish with your meal or as appetizers.

prep: 10 mins

cook: 10 mins

total: 20 mins

Servings: 2



Ingredients

- 5 tablespoons oil for frying
- 1 green plantain
- 3 cups cold water
- salt to taste

Directions

- Step 1

Peel the plantain and cut it into 1-inch chunks.

- Step 2

Heat the oil in a large skillet. Place the plantains in the oil and fry on both sides,; approximately 3 1/2 minutes per side.

- Step 3

Remove the plantains from the pan and flatten the plantains by placing a plate over the fried plantains and pressing down.

- Step 4

Dip the plantains in water, then return them to the hot oil and fry 1 minute on each side. Salt to taste and serve immediately.

Nutrition Facts

Per Serving:

135.7 calories; 1.2 g protein; 28.5 g carbohydrates; 0 mg cholesterol; 14.2 mg sodium.

Habichuelas Guisadas

A perfect side dish for Carne Guisada. These are the Puerto Rican version of beans.

cook: 20 mins

total: 20 mins

Servings: 4 to 6



Ingredients

- 1 tablespoon olive oil
- ¼ cup tomato sauce
- 2 tablespoons sofrito sauce
- 1 (.18 ounce) packet sazón seasoning
- ¼ teaspoon black pepper
- 2 cups cooked pinto beans, drained
- 1 ½ cups water
- ⅛ teaspoon salt to taste

Directions

- Step 1

Heat oil in a saucepan over low heat. Add tomato sauce, sofrito, sazón, and pepper. Cook, stirring for about 3 minutes. Stir in beans, water, and salt. Increase heat to medium, and cook for 15 minutes, or until sauce has thickened.

Nutrition Facts

Per Serving:

170.3 calories; 8.3 g protein; 23.8 g carbohydrates; 1.7 mg cholesterol; 580.1 mg sodium.

Slow Cooker Puerto Rican Shredded Pork

Very tasty and your slow cooker does most of the work. Serve shredded pork in lettuce wraps or in corn tortillas. Top with pico de gallo, chopped cilantro, and avocado.

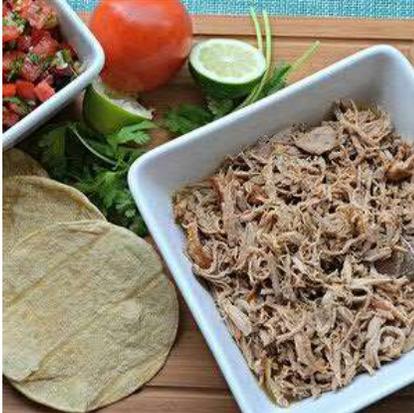
prep: 15 mins

cook: 8 hrs 10 mins

additional: 20 mins

total: 8 hrs 45 mins

Servings: 6



Ingredients

- 1 tablespoon vegetable oil
- 1 (3 pound) boneless pork sirloin roast (trimmed and tied with kitchen twine, if necessary)
- 1 cup orange juice
- 4 lime (2" dia)s limes, juiced
- 4 cloves garlic, crushed and divided
- 1 tablespoon ground cumin
- 1 ½ teaspoons coarse salt
- 1 teaspoon dried oregano

Directions

- Step 1

Heat oil in a large skillet over medium-high heat.

- Step 2

Use a sharp knife to poke 3 to 5 holes into the pork roast. Stuff about half the garlic into the holes. Cook roast in hot oil to brown completely, about 3 minutes per side. Transfer roast to the crock of a slow cooker.

- Step 3

Blend orange juice, lime juice, remaining garlic, cumin, salt, and oregano in a blender until smooth; pour over the pork.

- Step 4

Leave the pork marinating in the orange juice mixture for 10 minutes; turn roast and let other side marinate for 10 minutes.

- Step 5

Turn slow cooker to Low and cook for 8 hours.

- Step 6

Remove pork to a cutting board. Shred meat using 2 forks.

- Step 7

Drain liquid from the slow cooker crock, reserving 1 cup. Return shredded pork to the slow cooker crock, pour reserved liquid over the meat and stir.

- Step 8

Look on Low until the meat is again hot, 15 to 20 minutes.

Cook's Note:

If unfamiliar with tying a roast, ask your butcher to pre-tie the roast in the store.

Nutrition Facts

Per Serving:

295.9 calories; 25.9 g protein; 7.7 g carbohydrates; 81.5 mg cholesterol; 635 mg sodium.

Pastelon (Puerto Rican Layered Casserole)

This typical Puerto Rican dish is made up of an interesting mix of ingredients but somehow they all work together. There is a little bit of salty, sweet, and savory all in one bite.

prep: 25 mins

cook: 56 mins

total: 1 hr 21 mins

Servings: 8



Ingredients

- 1 pound lean ground beef
- 1 cup tomato sauce
- ½ cup sofrito
- 8 eaches green olives, finely chopped
- 1 teaspoon crushed garlic
- 1 teaspoon salt, divided
- ¼ cup recaó
- ¼ teaspoon dried oregano
- 1 serving cooking spray
- ¾ cup vegetable oil
- 6 large ripe plantains - peeled, halved, and each half cut lengthwise into 4 slices
- 5 large eggs large eggs
- 1 (9 ounce) package frozen French cut green beans, thawed and drained
- 1 cup shredded mozzarella cheese

Directions

- Step 1

Heat a large skillet over medium heat. Add ground beef; cook and stir until browned on the outside and no longer pink in the center, about 10 minutes. Remove meat from pan; drain fat.

- Step 2

Place tomato sauce, sofrito, green olives, garlic, 1/2 teaspoon salt, recao, and oregano in the skillet. Cook and stir over medium-low heat for 5 minutes. Return ground beef to skillet; reduce to a simmer. Cook, uncovered and stirring occasionally, for 15 minutes more.

- Step 3

Preheat oven to 350 degrees F (175 degrees C). Spray an 8x8-inch baking pan with cooking spray.

- Step 4

Pour oil into a large skillet over medium-high heat to 350 degrees F (175 degrees C). Fry plantain slices until golden, 3 to 5 minutes per side. Drain on paper towels.

- Step 5

Beat eggs thoroughly in a bowl; add 1/2 teaspoon salt.

- Step 6

Line the bottom of the baking pan with half the plantains, overlapping as needed. Layer ground beef mixture, green beans, and remaining plantains; pour eggs on top. Top with mozzarella cheese.

- Step 7

Bake in the preheated oven until eggs are set and cheese is melted, 20 to 25 minutes.

Cook's Note:

If you cannot find the tropical herb called recao (also known as culantro), you can use cilantro instead.

Tips

You can also use a 9x9-inch baking pan.

Tips

Sofrito can be found in jars, as well as in the refrigerator or freezer section of your grocery store.

Nutrition Facts

Per Serving:

462.9 calories; 18.3 g protein; 70.2 g carbohydrates; 149.4 mg cholesterol; 678.2 mg sodium.

Slow Cooker Pernil Pork

Puerto Rican style pork roast, but done in the slow cooker. It's so tender and flavorful. Best of all, it's so easy to make!

prep: 20 mins

cook: 6 hrs

total: 6 hrs 20 mins

Servings: 6



Ingredients

- 4 cloves garlic
- 1 large onion, quartered
- 2 tablespoons chopped fresh oregano
- 1 tablespoon ground cumin
- 2 teaspoons ground ancho chile pepper
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 1 tablespoon white wine vinegar
- 1 tablespoon olive oil, or as needed
- 1 (3 pound) boneless pork loin roast
- 1 lime, cut into wedges

Directions

- Step 1

Pulse garlic, onion, oregano, cumin, chile pepper, salt, and pepper together in a blender, pouring in vinegar and enough olive oil until mixture is pasty. Scrape down sides of the blender as necessary to fully incorporate. Spread this mixture all over the pork loin, and place into a slow cooker.

- Step 2

Cook on Low until the pork is fork tender, 6 to 8 hours. When ready, cut the pork into chunks, or shred; garnish with lime wedges to serve.

Nutrition Facts

Per Serving:

367.4 calories; 37.6 g protein; 5.7 g carbohydrates; 107.7 mg cholesterol; 844.1 mg sodium.

Easy Arroz con Gandules

Latin rice and pigeon pea main dish can be made with other peas or beans.

Servings: 12

Yield: 12 servings



Ingredients

- 2 medium (blank)s green bell peppers, diced
- 1 onion, chopped
- 6 cloves garlic, minced
- 1 bunch cilantro, finely chopped
- 3 tablespoons olive oil
- 1 (15 ounce) can tomato sauce
- 1 (.25 ounce) package Spanish seasoning
- 3 cups uncooked brown rice
- 2 (15 ounce) cans pigeon peas, drained
- 6 cups boiling water

Directions

- Step 1

Place green peppers, onion, garlic and cilantro in a blender or food processor, puree. This mixture is called soffrito, it is your seasoning base. It can be stored in an airtight container and refrigerated for up to 2 weeks or frozen for up to 6 months.

- Step 2

Place 3 tablespoons olive oil and 6 tablespoons soffrito in an 8 quart saucepan. Cook for 3 or 4 minutes to release oils.

- Step 3

Pour one can of tomato sauce and the Spanish seasoning packet into the saucepan, mix well. Add 3 cups rice to the mixture and stir until the rice is coated.

- Step 4

Stir pigeon peas into the mixture and add boiling water. Cover the pot with aluminum foil and a pot lid. Reduce heat to simmer and cook 45 minutes or until rice is tender.

Nutrition Facts

Per Serving:

237.3 calories; 7.1 g protein; 42 g carbohydrates; 0 mg cholesterol; 400.3 mg sodium.

Puerto Rican Sancocho

This is my mom's Puerto Rican comfort soup. The mix of vegetables and herbs is an influence of the Spanish Canary Island ancestors of some Puerto Rican families. The soup was adjusted to the vegetables available in Puerto Rico by the addition of corn and pumpkin. In the Canary Islands of the 1700s, corn was only fed to farm animals! In Puerto Rico, some cooks now add ginger root, chile pepper, cumin, and other ingredients but I believe it destroys the original rich natural vegetable taste. Similar Spanish sancocho recipes were passed on to other Spanish colonies such as Columbia. Serve hot with bread to soak up the delicious flavor.

prep: 40 mins

cook: 2 hrs 20 mins

total: 3 hrs

Servings: 12



Ingredients

- 3 tablespoons olive oil
- 1 large onion, chopped
- 5 cloves garlic, chopped
- 3 sprigs fresh cilantro, chopped
- ¼ teaspoon ground white pepper
- 1 pinch dried oregano
- 1 pinch salt to taste
- 1 ½ pounds beef stew meat, cut into small pieces
- 1 cup water to cover
- ½ (6.5 ounce) can tomato sauce
- 2 cubes beef bouillon
- 1 cup 1 1/2-inch cut fresh green beans
- 2 eaches carrots, peeled and sliced
- ⅓ cup chopped celery
- 1 large chayote squash - peeled, cored, and sliced lengthwise
- 1 (15.5 ounce) can small white beans, rinsed and drained
- ½ head cabbage, chopped
- 1 green banana, peeled and sliced into 3/4-inch pieces

- 1 yellow plantain, peeled and cut into 1-inch pieces
- 5 eaches large llautias (yautias), peeled and quartered
- 6 eaches potatoes, peeled and quartered
- ½ cup chopped peeled pumpkin
- 2 ears fresh corn, sliced into 6 pieces each
- ⅓ cup chopped green bell pepper

Directions

- Step 1

Heat olive oil in a large pot over medium-low heat; add onion, garlic, cilantro, white pepper, oregano, and salt. Cook and stir until onion is browned and very tender, about 20 minutes. Add stew meat; cook and stir until meat is browned on all sides, 5 to 7 minutes.

- Step 2

Pour enough water over meat mixture to fill pot 3/4 full; add tomato sauce and beef bouillon.

- Step 3

Mix green beans, carrots, celery, chayote squash, white beans, cabbage, green banana, yellow plantain, llautias, potatoes, pumpkin, corn, and green bell pepper (in this order), cooking and stirring after each addition. Cook until all the vegetables are tender and stew has formed a rich broth, 2 to 3 hours. Add more water or salt if needed.

Cook's Notes:

Many of the vegetables can be found in the International Markets. Several have alternative names. Llautia may be Yautia or Malanga. Chayote is a type of squash.

Tips

Name, a root vegetable, can be used in place of 1 of the potatoes.

Nutrition Facts

Per Serving:

424.1 calories; 19.4 g protein; 73.8 g carbohydrates; 30 mg cholesterol; 275.6 mg sodium.

Puerto Rican Steamed Rice

This basic Puerto Rican version of steamed rice goes well with Carne Guisada and Habichuelas Guisada.

prep: 10 mins

cook: 25 mins

total: 35 mins

Servings: 8



Ingredients

- 2 tablespoons vegetable oil
- 3 cups water
- 1 teaspoon salt
- 2 cups uncooked calrose rice, rinsed

Directions

- Step 1

Bring vegetable oil, water, and salt to a boil in a saucepan over high heat. Add rice, and cook until the water has just about cooked out; stir. Reduce heat to medium-low. Cover, and cook for 20 to 25 minutes. Stir again, and serve. Rice may be a little sticky and may stick to bottom of pot.

Nutrition Facts

Per Serving:

160.1 calories; 2.4 g protein; 28.7 g carbohydrates; 0 mg cholesterol; 290.7 mg sodium.

Mofongo

Mofongo might not look like much, but it sure is tasty. Mashed green plantains with garlic, olive oil and pork rinds (or bacon). Mofongo goes well with chicken or fish broth and can be stuffed with garlic shrimp, carne frita or octopus salad. It can also be formed into small balls and dropped in soups or served directly in a mortar. This is one of my many guilty pleasures!

prep: 15 mins

cook: 15 mins

total: 30 mins

Servings: 2



Ingredients

- 3 cups canola oil for frying
- 3 cloves garlic, or to taste
- 3 tablespoons olive oil
- ½ cup crushed fried pork skins
- 2 medium (blank)s green plantains, peeled and sliced into 1/2-inch rounds
- 1 pinch salt to taste

Directions

- Step 1

Heat canola oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Mash the garlic with the olive oil in a mortar and pestle. Combine garlic mixture with the pork rinds in a large bowl; set aside.

- Step 2

Fry the plantain chunks until golden and crispy, but not brown, about 15 minutes. Transfer the fried plantains into the bowl with the garlic mixture. Toss to coat. Mash the coated plantains with the

mortar and pestle until smooth. Season with salt. Roll the plantain mixture into two large balls or several small balls before serving.

Tips

Serve this with [Camarones al Ajillo \(Garlic Shrimp\)](#).

Nutrition Facts

Per Serving:

725.8 calories; 6 g protein; 58.6 g carbohydrates; 5.2 mg cholesterol; 187.2 mg sodium.

Arroz con Pollo (Chicken and Rice)



Arroz con pollo is classic Puerto Rican comfort food. It's a one pot wonder where the chicken is cooked in the rice making it a quick and easy dish that adults and kids love.

Prep Time 15 minutes

Cook Time 45 minutes

Total Time 1 hour

Ingredients

- 1 whole chicken, cut into 8 pieces and remove skin* or 8 skinless chicken thighs
- 1/4 cup diced salted pork
- 2 1/2 cup medium-grain rice, rinsed
- 2 large bay leaves

Sofrito

- 1 medium onion
- 4 culantro (recao) leaves
- 1 red bell pepper
- 3 garlic cloves, chopped
- 1 tablespoon capers
- 12 Spanish olives, chopped

Adobo (Seasoning)

- 1 1/2 tablespoon kosher salt
- 1 teaspoon ground cumin
- 2 teaspoon ground garlic powder
- 1 teaspoon ground coriander

- 2 teaspoon onion powder

Achiote Oil

- 1 cup olive oil
- 2 1/2 tablespoons whole achiote (annato) seeds

Instructions

Achiote Oil

Heat the oil and seeds in a small saucepan over medium heat just until the seeds begin a steady bubble and oil turns a bright orange color. Remove the saucepan from the heat and let stand for a minute. Strain the oil. Store in half-pint mason jar.

Arroz con Pollo

Combine adobo seasoning in a small bowl. Cut chicken breasts in half, sprinkle seasoning over all the chicken and toss until evenly coated, set aside.

Heat a 4-quart caldero or shallow heavy bottom pot over medium heat. Add salted pork, chicken wings and 1 tablespoon of water. Slowly render the fat from the pork and chicken wings, about 10 minutes or until pork is crispy. Transfer wings and pork to a plate.

Raise the temperature to medium-high heat. Working in batches brown chicken on all sides, about 3 minutes per side. Transfer to plate and set aside.

Add sofrito ingredients and 3 tablespoons of achiote oil to the pot. Saute sofrito until tender, 5 - 8 minutes. Add rice and pork to the pot, mix until rice is evenly coated with oil. Toast the rice, stirring for 3 minutes.

Add chicken to the rice and toss, working the chicken into the rice. Add 3 cups of water and bay leaves. Make sure that the chicken and rice are covered by the water. Bring to a boil and let the water reduce until the rice is just becoming visible. Cover with foil and lid, reduce heat to low and simmer until rice is cooked through, about 25 - 30 minutes.

Fluff rice with a fork and serve.

Notes

[Culantro](#) can be substituted with 1/4 cup chopped cilantro. However, if you can find culantro I highly recommend using it. Culantro can be found in the produce section of many Latin & Asian supermarkets.

Rinse rice in a fine mesh strainer until water runs almost clear.

When making achiote (annato) oil make sure to use whole seeds and not the powder. The powder will burn easily and clump.

Pastelon (Sweet Plantain “Lasagna”)



Sweet plantain strips fried and laid between layers of savory meat and cheese. Pastelon is one of my favorite dishes from childhood.

Prep Time 20 minutes

Cook Time 30 minutes

Total Time 50 minutes

Ingredients

- 1 lbs ground beef
- 1 onion, minced
- 3 cloves garlic, minced
- 1 green pepper, minced
- 1/2 cilantro bunch, chopped
- 2 teaspoons adobo
- 2 teaspoons oregano
- 2 tablespoon vinegar
- 1 envelope sazón
- 2 bay leaves
- 8 green stuffed olives, halved
- 1/2 cup raisins
- 1/4 cup tomato sauce
- 4 ripe plantains, peeled and sliced into strips
- 3 eggs
- 2 tablespoon milk
- 2 cups white shredded cheese
- vegetable oil
- salt

Instructions

1. Pre-heat oven to 350 degrees. Butter square pan with 1 tbs of butter.
2. Combine, beef, onion, pepper, garlic, cilantro, adobo, oregano, vinegar, and sazón. Mix well.
3. Heat a large skillet over medium-high heat with 2 Tbs of olive oil, add meat mixture.
4. Cook beef until brown and of the juices bubble up, add bay leaves, olives, raisins, and tomato sauce. Mix and let simmer for 10 minutes, set aside.
5. Heat a large frying pan with vegetable oil, just enough to coat the bottom. Fry plantains for 2-3 minutes on each side or until golden and slightly crispy. Drain on a plate with paper towel, set aside.
6. To assemble pastelón: Take your prepared square pan, start with a layer of plantains, then beef, then a fistful of cheese, repeat. You want to finish with cheese and plantains. Beat 3 eggs with 2 Tbs of milk, pour over the pastelón. Let it sit for a minute allowing the egg to soak in. Top off with just a bit more cheese.
7. Bake in the oven at 350 degrees for 20 minutes.