



el frijol feliz
escuela de cocina

Cooking Classes

Traditional Guatemalan Rice (Serves 4 People)

2 cups of rice
1 teaspoon of salt
½ of an onion
½ of a red bell pepper
¼ of a carrot
1 clove of garlic
4 oz of sweet peas
1 ½ tablespoons of vegetable oil

Begin by finely chopping the onion, garlic, carrot and bell pepper. Add the finely chopped ingredients to a saucepan with the vegetable oil and sauté for about a minute or two until the onion is clear. Add the teaspoon of salt. Then add the fresh sweet peas. If you are using frozen peas, you can add them at the same time as the chopped vegetables. Once the vegetables are sautéed add the uncooked rice. Stir until any liquid is absorbed for about one minute. Then you can add the water for the rice. The rice we use is a 2 to 1 ratio, so for two cups of rice we use four cups of water. Follow the instructions of the rice that you are using. Cook the rice for about 20 minutes or for the time listed on your bag of rice. Serve.

EL FRIJOL FELIZ COOKING CLASS

www.frijolfeliz.com

4a Ave Sur No.1, La Antigua Guatemala, PHONE (502) 7832 5274