

# Chapea

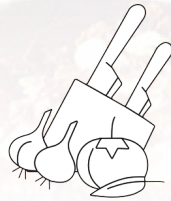
(Bean Stew)

**Prep Time:** 5 minutes

**Cook Time:** 30 minutes

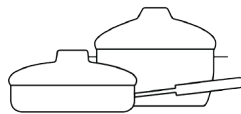
**Servings:** 4-6

**Fun Fact:** In the Dominican Republic, lunch is the main meal of the day, commonly prepared with red beans, rice, a vegetable, and meat, if available.



## Ingredients

3 tablespoons of vegetable oil	1 pack of sazón
1 small red onion (cubed)	1 teaspoon of oregano
1/2 of a green or red bell pepper (cubed)	1/2 teaspoon of adobo
2 cloves of garlic (minced)	1/2 teaspoon of ground black pepper
1 tablespoon of cilantro (chopped)	1 can of red or pinto beans (with liquid)
2 tablespoons of tomato sauce	2 1/2 cups of water
2 cubes of chicken bouillon	3 cups of rice



## Directions

1. In a large cast-iron pot, heat oil over medium heat.
2. Sauté onion, pepper, garlic, cilantro, tomato sauce, chicken bouillon cubes, sazón, oregano, adobo, and black pepper for 2-3 minutes.
3. Add the beans with liquid and water. When the water begins to boil, add the rice.
4. Stir occasionally.
5. Once the rice has soaked up the water and begins to dry, lower the heat.
6. Cover and let cook for 25 minutes.
7. Stir the rice and cover for an additional 5 minutes.
8. Serve warm.