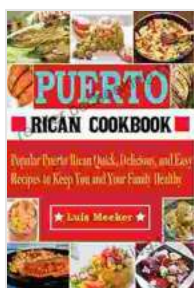


500 Popular Puerto Rican Quick, Delicious and Easy Recipes to Keep You and Your Family's Bellies Full and Satisfied

Puerto Rican cuisine is a vibrant and flavorful blend of Spanish, African and Caribbean influences. It is known for its use of fresh ingredients, bold flavors and hearty dishes. This cookbook is a collection of 500 popular Puerto Rican recipes that are quick, delicious and easy to make. The recipes are perfect for busy families who want to enjoy authentic Puerto Rican cuisine without spending hours in the kitchen.



Puerto Rican Cookbook: 500+ Popular Puerto Rican Quick, Delicious, and Easy Recipes to Keep You and Your Family Healthy by Nancy Keene

★★★★☆ 4.3 out of 5

Language : English
File size : 3787 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 200 pages
Lending : Enabled



The recipes in this cookbook are divided into the following categories:

- Appetizers
- Soups and stews

- Main courses
- Side dishes
- Desserts

Each recipe includes a detailed ingredient list, step-by-step instructions, and a beautiful full-color photograph. The recipes are also rated for difficulty, so you can choose recipes that are appropriate for your skill level.

Whether you are a beginner cook or a seasoned chef, you will find something to love in this cookbook. The recipes are easy to follow and the results are delicious. So what are you waiting for? Start cooking today and enjoy the flavors of Puerto Rico!

Here is a sample recipe from the cookbook:

Arroz con Pollo (Chicken and Rice)

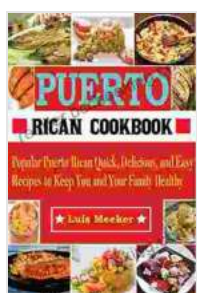
Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can chicken broth

- 1 cup uncooked long grain white rice
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Add chicken and cook until browned on all sides.
2. Add onion, garlic, green bell pepper and red bell pepper to the skillet. Cook until softened, about 5 minutes.
3. Stir in tomato sauce, chicken broth, rice, salt and black pepper. Bring to a boil, then reduce heat and simmer for 18 minutes, or until the rice is cooked through and the liquid has been absorbed.
4. Serve immediately.



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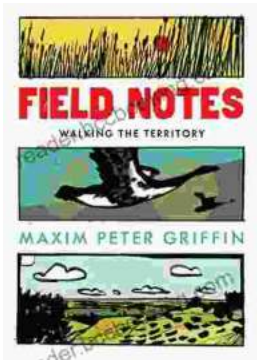
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