



CARIBBEAN RICE & PEAS

SERVINGS: 8

SERVING SIZE: 1 CUP

PREPPING TIME: 10 MIN

COOKING TIME: 45 MIN

INGREDIENTS

- 2 cups uncooked brown rice
- 1 Tbsp. olive oil
- 3 garlic cloves, minced
- 3 green onions, chopped
- 3/4 tsp. dried thyme
- 1 (28 oz.) can low sodium kidney beans,
• drained
- 2 cups water or low sodium chicken broth
- 1 (14 oz.) can lite coconut milk, unsweetened
- 1 tsp. brown sugar
- 1 tsp. ground black pepper
- 1/2 tsp. ground allspice
- 1 tsp red pepper flakes, optional*
- 1/2 tsp. cayenne pepper, optional*
- 1 Scotch bonnet pepper, stemmed, optional*
- *For milder spice, omit this ingredient

DIRECTIONS

1. Rinse brown rice in a fine mesh strainer, and set to the side.
2. Heat oil in a 5-quart saucepan over medium heat. Add garlic, green onions, and thyme; cook for about 2 minutes.
3. Add the rice, kidney beans, water or chicken broth, coconut milk, brown sugar, black pepper, ground allspice, red pepper flakes*, cayenne pepper*, and Scotch bonnet*.
4. Bring to a boil uncovered, then reduce heat to low and cover.
5. Simmer until rice is tender and liquid has evaporated, about 35-40 minutes.
6. Allow to cool briefly, serve, and enjoy!

NOTES:

Can use dried beans by soaking them overnight and then cooking for 2 hours on low heat with green onion, and garlic. If your family likes heat, add the optional spices and pepper! If using Scotch bonnet, once de-stemmed, add into pot whole and try to remove before it collapses in on itself, otherwise, it will be very spicy. Habanero pepper can also be substituted for Scotch bonnet.

Recipe adapted from Allrecipes.com <https://armagazine.com/3gTPFUo>

