

Rice & Peas Recipe Card

Ingredients:

1 can Dark Red Kidney Beans
1 can Coconut Milk
Water (approx 1 1/2 cups)
2 cloves Garlic, chopped
1 Small onion
1 tsp Dried thyme
1 1/2 tsp Salt
1 tsp Black Pepper
2 cups Long grain rice

1. Drain the liquid from the can of beans into a measuring cup and add the can of coconut milk and enough water to make four cups of liquid.
2. Add liquid, beans, garlic, chopped onion and thyme to large pot
3. Add salt and black pepper.
4. Bring to a boil.
5. Add rice and boil on high for 2 minutes.
6. Turn heat to Low, and cook covered until all water is absorbed (about 15 to 20 min).
7. Fluff with fork before serving.

Enjoy!

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