

Rice and Peas



Serving: 4 Prep: 10 minutes



Preparing Time: min



Total Duration: min

Ingredients

- ♦ 1 cup rice
- ♦ 1 cup kidney beans
- ♦ 1 cup coconut milk
- ♦ Thyme

Directions

- ♦ Combine all ingredients.
- ♦ Simmer until rice is soft.
- ♦ Fluff and serve.
- ♦ Equipment: Pot
- ♦ Nutrition: Protein 12g, Carbs 56g, Fat 10g

Notes

Jamaican rice cooked with beans, coconut milk, and herbs.

