



RICE & PEAS RECIPE

INGREDIENTS



1 cup dried kidney beans – *rinsed, soaked overnight and drained*

3 cups water

1 small onion, *finely chopped*

2 scallions, *finely chopped*

3 garlic cloves, *minced*

5 allspice berries

5 thyme sprigs

1 Scotch bonnet pepper

½ teaspoon grated fresh ginger

Kosher salt

Black pepper

One 13.5-ounce can unsweetened coconut milk

2 cups long-grain white rice

1



In a large saucepan, cover beans with water and bring to a boil over moderately high heat.

Stir in onions, scallions, garlic, allspice, thyme, whole Scotch bonnet, ginger, 2 teaspoons of salt, and ½ teaspoon of pepper.

2



Stir in coconut milk and bring to a simmer.

Cover and simmer over low heat until beans are tender, about 1 hour.

3



Stir in rice, cover and simmer over low heat until rice is tender, about 30 minutes.

4



Discard thyme stems, allspice berries, and Scotch bonnet. Fluff the rice and beans, then season with salt.

Enjoy!