

African Rice and Beans

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-beans-recipe>

Ingredients:

- 1/2 cup canola oil or red / palm /, I used 1/2 and 1/2
- 3 garlic clove minced
- 1 medium onion diced
- 1 tablespoon smoked paprika
- 1 teaspoon dried thyme
- 1/2 Scotch Bonnet pepper or 1/2 teaspoon cayenne pepper
- 4 tomatoes diced
- 2 cups long grain rice washed, I used basmati
- 2 cups beans cooked, black, red, black-eyed peas
- 5 cups chicken broth or water
- 1 tablespoon salt or more to taste
- 1/4 cup crayfish optional
- 1 teaspoon chicken bouillon optional

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 91 grams
3. Fat: 32 grams
4. Fiber: 6 grams
5. Protein: 16 grams
6. SaturatedFat: 2 grams
7. Sodium: 1970 milligrams
8. Sugar: 7 grams

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