

# Jamaican Rice and Beans

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-jamaican-rice-and-beans-recipe>

## Ingredients:

- 1 tablespoon unsalted butter
- sweet onion unpeeled 1/2 peeled small diced
- 2 garlic finely minced cloves of
- 1 cup diced ham small
- 1 Scotch Bonnet pepper
- 1/2 cup long grain rice
- 1 cup coconut milk
- 3/4 cup chicken stock
- 6 sprigs fresh thyme
- 15 ounces red kidney beans can drained and rinsed dark
- salt
- pepper

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 40 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 16 grams
8. Sodium: 1020 milligrams
9. Sugar: 3 grams

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