

# Jamaican Rice and Peas

Yield: 5 min  
Total Time: 80 min

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

## Ingredients:

- 1 cup red kidney beans Dried, rinsed and soaked overnight
- 2 cups water
- 2 scallion or Green Onion
- 3 cloves garlic crushed
- 3 thyme sprigs
- rice
- peas
- 2 cups water or more as needed
- 1 whole scotch bonnet
- 5 allspice Pimento Seeds, Whole, Balls
- 1/2 teaspoon salt more or less to taste
- 1 tablespoon chicken noodle soup mix Grace, only seasoning - not noodles, Chicken Bouillon, or Seasoning Salt
- 3/4 can coconut milk see notes section
- 2 cups parboiled rice Uncooked, or White, Jasmine or Basmati Rice

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 73 grams
3. Fat: 16 grams
4. Fiber: 4 grams
5. Protein: 11 grams
6. SaturatedFat: 12 grams
7. Sodium: 260 milligrams
8. Sugar: 3 grams

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