

Jamaican Rice & Peas

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 1 cup red kidney beans dried, or pigeon peas, soaked overnight and drained
- 2 cloves garlic crushed
- 3 green onions or Scallions, crushed
- 1 can coconut milk
- 1 whole pepper Scotch Bonnet
- 3 sprigs fresh thyme
- 1 teaspoon salt
- 1 teaspoon black pepper
- 3 cups rice

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 52 grams
3. Fat: 13 grams
4. Fiber: 10 grams
5. Protein: 11 grams
6. SaturatedFat: 11 grams
7. Sodium: 310 milligrams
8. Sugar: 2 grams

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