

# Jamaican Rice and Peas (Beans and Rice)

Yield: 4 min  
Total Time: 585 min

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

## Ingredients:

- 1 cup dried kidney beans or green Pigeon peas, See Note 1
- 3 cups vegetable broth or water
- 14 ounces unsweetened coconut milk
- 4 green onions scallions each cut in half
- 1 small yellow onion finely chopped
- 3 cloves garlic minced
- 5 sprigs thyme
- 5 allspice berries or 1/4 tsp ground allspice
- 1 Scotch Bonnet pepper See Note 2
- 1 teaspoon ginger paste
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 2 cups long-grain white rice
- 2 limes sliced

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 95 grams
3. Fat: 25 grams
4. Fiber: 6 grams
5. Protein: 13 grams
6. SaturatedFat: 21 grams
7. Sodium: 1940 milligrams
8. Sugar: 7 grams

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