

Caribbean Red Beans

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-caribbean-spice-rub-recipe>

Ingredients:

- 2 onions medium, chopped
- 1 celery branch, chopped
- 1 green bell pepper diced
- 1/4 cup olive oil
- 4 garlic cloves chopped
- 1 packet green onions chopped
- 2 tablespoons spice blend Caribbean Layover, ground
- 2 tablespoons smoked paprika
- 1 tomato diced
- 4 cups red beans cooked
- salt to taste
- 2 cups coconut milk

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 131 grams
3. Fat: 45 grams
4. Fiber: 34 grams
5. Protein: 47 grams
6. SaturatedFat: 27 grams
7. Sodium: 360 milligrams
8. Sugar: 12 grams

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