

# ingredients

- 2 cups basmati white rice, rinsed
- 1 cup red kidney beans
- 1 can coconut milk, unsweetened
- 2 cups water
- 1 small onion, chopped
- 3 cloves garlic, minced
- 2 stalks scallions, chopped
- 2 sprigs fresh thyme
- 1 whole Scotch bonnet pepper
- 1 tsp allspice
- 2 tsp salt
- 1 tbsp butter



# RICE & PEAS

## instructions

1. Rinse a can of beans and set aside. (To use dried beans, rinse and soak beans overnight. Place them in a large pot with 3 cups of water. Bring to a boil, then simmer for about 1 hour until tender - not mushy.)
2. Add coconut milk, onion, garlic, scallions, thyme, Scotch bonnet pepper, allspice, and salt to the pot.
3. Bring the mixture to a boil, then add the rinsed rice, beans, and butter. Stir well.
4. Add to rice cooker. (If working on the stovetop, reduce heat to low, cover the pot tightly, and let it simmer for ~20 minutes.) The rice and beans should be tender having absorbed most of the liquid.
5. Remove from heat and let it sit, covered, for an additional ~10 minutes to allow the flavors to meld and the rice to finish steaming.
6. Remove the thyme, scallions, and Scotch bonnet pepper. Fluff the rice with a fork before serving.

