


# Caribbean Rice and Beans

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## **Ingredients**

1 cup Dried pigeon peas , or whatever kind of dried bean you like. Soaked overnight  
2 cups water  
1/2 small/medium onion chopped  
2 cups long grain white rice  
2 cups unsweetened coconut milk  
1 cup water or unsweetened coconut water  
1 cup reserved water from cooked beans  
2 whole jalapeno peppers  
Salt and pepper to taste

## **Directions**

After beans have soaked over night, drain and pour them into a med saucepan add 2 cups of water and cook until beans are the beans with salt and pepper. Set them aside along with 1 cup of the water that the beans cooked in, you will need that to cook the rice.

To a large saucepan add a small amount of olive oil just enough to coat the bottom of the pan when pan is hot put the chopped onion in and saute until onion is soft and translucent, add rice and cooked beans you judge how much of the beans to add to the rice you don't want too many beans, stir until rice and onion and beans are combined. Add all the liquid, some salt and pepper to taste and the peppers. Bring to a boil on high flame, cover and reduce heat to med/low and let rice cook until all the liquid is absorbed and rice is done it will take 15-20 minutes. Turn off the heat, fluff rice with fork and serve, you can garnish with fresh thyme or cilantro.