

Afro-Caribbean Rice and Peas



Makes:

14 servings, 1 cup each (167 g each)

Utensil:

5 Qt./4.7 L Roaster with Cover

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Recipe:

Contributed By:

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Authorized Saladmaster® Dealer

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Recipe Description:

This dish contains lots of cholesterol-lowering fiber and the high-fiber content also prevents blood-sugar levels from rising too rapidly after a meal - great for diabetics. Bring this healthy taste of the islands to your table.

2-3 bay leaves

2 teaspoons

salt

(10

mL)

4 tablespoons

creamed coconut

(60

mL)

1 cup

water

(240

mL)

Directions:

1. Place beans and 8 cups water in a large bowl and soak overnight. Drain and place in roaster.
2. Add vegetable stock or water, place heat on medium and cover. When Vapo-Valve™ clicks, turn heat to low and cook until beans are ½ done, approximately 10 minutes.
3. Add all other ingredients, stir thoroughly, raise heat to medium and cover. When Vapo-Valve™ clicks turn heat to low and simmer until beans and rice are cooked, approximately 30-40 minutes.

Nutritional Information per

▼ Serving

Calories: 191

Total Fat: 8g

Saturated Fat: 5g
Cholesterol: 1mg
Sodium: 1000mg
Total 28g
Carbs:
Dietary Fiber: 4g
Sugar: 1g
Protein: 5g
