

## 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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### 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.

1  
pound  
dried red kidney beans, approximately 6 cups after soaked  
(454  
g)  
5  
cups  
vegetable stock, can substitute water and add an organic vegetable  
stock cube  
(1.2  
L)  
2  
cups  
brown rice

(370

g) <sup>1</sup>?<sub>2</sub>

cup

onion, processed, use Cone #3

(80

g)

2

cloves

garlic, minced

3

tablespoons

fresh thyme

(45

mL)

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 <sup>1</sup>?<sub>2</sub> 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 Carbs:**

28g

**Dietary Fiber:**

4g

**Sugar:**

1g

**Protein:**

5g