



Rice & Beans



4 servings



20 minutes

INGREDIENTS

2 cups White Rice

1 cup Coconut Milk

1 cup chicken broth (or water)

1 cup of Stew (Cooked) beans. -
see recipe in August's newsletter)

Salt to taste

1 teaspoon Coconut Oil (optional)

DIRECTIONS

1. Put the rice in a pot, run water over it and wash the rice, pouring out the water until the water runs clear instead of becoming cloudy with starch.
2. Add the coconut milk & broth (or water) to the pot. Make sure that the liquid reaches the first joint on your index finger when the tip of your finger is touching the rice. You can add more coconut milk, broth or water, if needed.
3. Add the coconut oil if you want a little extra coconut flavor.
4. Add the stew (cooked) beans and gently stir them into the pot.
5. Add salt to taste (remember that the stew beans will have some salt already, so don't add too much salt).
6. Put the pot over high heat with the lid off and let it come to a boil.
7. Boil for a few minutes until there is only a little liquid left over the top of the rice. Turn the heat down to very low, put the lid on, and let simmer for about 20 minutes.
8. Turn off the burner and let the rice and beans sit in the pot with the lid on for another couple minutes before you serve it.