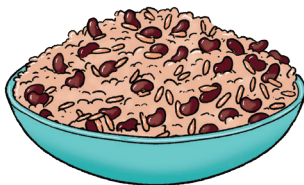


# Jamaican Rice & Peas

Prepare a Jamaican side dish of flavorful coconut rice and kidney beans!



Yield: 6 servings

**Rad Research:** Why do you think this dish is called Rice and Peas? Research this Jamaican dish and see if your hypothesis was correct!

## Ingredients



2 cloves  
garlic



2-inch piece  
fresh ginger



1 Tbsp  
vegetable  
oil



1 (15 oz) can  
coconut milk



1  $\frac{1}{4}$  cups  
water



1  $\frac{1}{2}$  cups  
long grain  
white rice



1 (15 oz) can  
red kidney  
beans, drained



$\frac{1}{4}$  tsp ground  
allspice



$\frac{1}{4}$  tsp  
dried thyme



$\frac{1}{4}$  tsp ground  
black pepper



1 tsp  
kosher salt

## Tools



cutting board



knife



small  
prep bowl



vegetable  
peeler



hand or  
box grater



measuring  
spoons



medium pot  
with lid



mixing  
spoon



dry measuring  
cups



liquid measuring  
cup

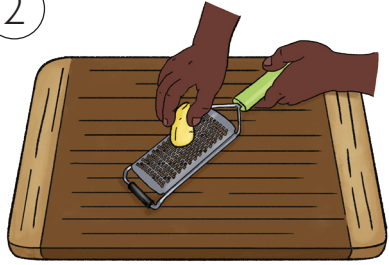
## Steps

1



Smash and peel garlic. Mince and add to small prep bowl.

2



Peel ginger and finely grate. Measure 2 tsp and add to garlic.

3



Heat oil in medium pot over medium heat. Add garlic and ginger. Cook 1 minute, stirring occasionally.

4



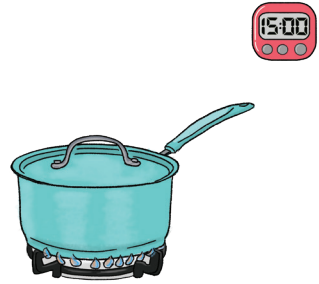
Add coconut milk, water, rice, and kidney beans to pot.

5



Add allspice, thyme, pepper, and salt. Turn heat to high and bring to boil.

6



Reduce heat to low. Cover and cook until all water is absorbed, 15-18 minutes. TASTE & SHARE!