**Jamaican Rice & Peas**

Servings: 4

Prep Time: 20 Minutes

Cook Time: 30 Minutes

Total Time: 1 Hour 30 Minutes

**Equipment Needed**:

Measuring Utensils, 2 Cup Measuring Container, Pot with tight-fitted lid, Knife

**Ingredients:**

1/2 Onion, medium, chopped

4 Garlic cloves, peeled

1 teaspoon Ginger Root, minced

1 teaspoon Thyme (OR) 1 small Thyme branch

1 teaspoon Salt

1/2 teaspoon Allspice

2 Tablespoons Olive Oil

1 Can Coconut Milk (13.5 oz)

1 Can Red Kidney Beans, liquid reserved (15 oz)

2 Cups Long Grain Brown Rice

1 Scotch Bonnet, whole (optional)

**Directions:**

* **Prepare Ingredients:**  
  Wash rice until the water runs clear. Chop the onion, garlic, and ginger; set aside. **Cook Aromatics:**  
  Heat olive oil in a pot over medium heat. Once hot, add the chopped onion, garlic, and ginger. Sauté until onions are translucent, about 3–4 minutes. Add thyme, allspice, and salt, stirring to combine.
* **Prepare Liquid Base:**  
  Pour the coconut milk and kidney bean liquid into a 2-cup measuring container. Add enough water to make a total of 4 cups of liquid. Stir this mixture into the pot, then add the kidney beans.
* **Cook Rice:**  
  Add the washed rice to the pot and bring the mixture to a boil over medium-high heat. Allow it to boil for 4 minutes, then reduce the heat to medium-low. Cover the pot with a tight-fitting lid and cook for about 30 minutes, or until the rice is tender and the liquid is absorbed.
* Note: If the rice is cooked but still wet, reduce the heat to low and cook uncovered until dry.
* **Add the Scotch Bonnet (Optional):**  
  If using a Scotch bonnet pepper, add it whole to the pot during the cooking process. For extra heat, pierce the pepper slightly before adding it.
* **Finish and Serve:**  
  The Rice & Peas should be dry and fluffy. Remove the Scotch bonnet before serving, if desired. Enjoy!