

Coconut Rice and Black Beans

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Serves: 4-6 people

Yield: 5-6 cups

Time: 2:00 hours

Ingredients

½ cup of dried black beans (see page 68)
1 (13.5-ounce) can of “lite” coconut milk
1 ½ cups of water
1 cup of brown or white rice (see page 66)
Sea salt to taste

Directions

- ✦ Rinse beans and cook in a small pot with water 2 inches above beans. Bring to a boil and reduce to a simmer for about 30 minutes or until beans are tender. Add salt and remove from heat. Keep lid on and allow to sit in salted water for about 10 minutes.
- ✦ Bring coconut milk and water to a boil in a medium pot.
- ✦ Drain and rinse the rice and beans and add to the boiling liquid.
- ✦ Reduce to a simmer and cover with a lid. Cook for about 45 minutes or until liquid is absorbed.
- ✦ Keep the lid on and remove from heat. Allow to steam for 15 minutes.
- ✦ Mix rice and bean mixture well.

Did You Know?

Lite coconut milk is a good substitute for regular coconut milk which contains more fat and calories. It is also a good dairy-free alternative.

