

Caribbean Pink Beans

Recipe Type: Main Dish

Serves: 16

Prep Time: 15 minutes

Cooking Time: 1 hour

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 lb dry pink beans
- 10 C water
- 2 medium plantains
- 2 medium tomatoes
- 1 small red bell pepper
- 1 medium white onion, chopped
- 3 garlic cloves, chopped
- 1½ t salt

What to do:

1. Wash your hands.
2. Pick through the dry beans and remove any stones.
3. Rinse the dry beans.
4. Cover the beans in water and soak at least for 8 hours.
5. Drain and rinse the beans.
6. Put the beans in a large pot and cover them with water. Bring the water to a boil.
7. Once the water is boiling, turn the heat down to low.
8. Cook the beans until they are soft.
9. Drain the beans and add the salt.
10. Mince the onions and garlic. Add to the beans.
11. Cut the plantains, tomatoes and bell pepper into small pieces. Add to the beans.
12. Cook on medium heat until the plantains are soft.
13. Let the beans cool.
14. Serve and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1½ C

Amount Per Serving

Calories 130

Calories from Fat 5

%Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 230 mg **10%**

Total Carbohydrate 28 g **9%**

Dietary Fiber 5 g **20%**

Sugars 5 g

Protein 7 g

Vitamin C 25%

Calcium 4%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 3.0

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