

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



This is a picture of 1 serving.

What to do:

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

Nutrition Facts

16 servings per container
Serving size 1 1/2 Cup (227g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 27g 10%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 47mg 4%

Iron 2mg 10%

Potassium 587mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 2.8