

Rice and beans recipe

Beans of your choice

Red, black, Pinto, Black Eyed Peas

One pack of beans

Up to 2 pounds of rice

Wash beans and put to boil

Ingredients

- 1) Add 2 to 3 Plugs of Garlic
- 2) 2 Tablespoons of Black Pepper
- 3) 1 Small Chopped Onion
- 4) 2 to 3 tablespoon Avocado Oil or Coconut Oil

Bring everything to a boil and cook until tender enough or to your likings

Directions

- 1) Wash rice 2 to 3 times with cold water
- 2) Add rice and coconut milk to beans
- 3) Add Salt and Black pepper to taste
- 4) Cook until done

Follow the same instructions for the yellow rice