

Caribbean Pink Beans

From U.S. Department of Health & Human Services

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=11&cId=6&rId=41>

Note: This recipe calls for the beans to be soaked over night.

Ingredients

- 1 lb dried pink beans
- 2 medium plantains, finely chopped
- 1 large tomato, rinsed and finely chopped
- 1 small red bell pepper, rinsed and finely chopped
- 1 medium white onion, finely chopped
- 1½ Tbsp garlic, minced (about 3 cloves)
- 1½ tsp salt
- 1 lb dried pink beans
- 2 medium plantains, finely chopped
- 1 large tomato, rinsed and finely chopped

Instructions

1. Rinse and pick through beans for rocks and other debris (discard these). Put beans in a large pot, and add 10 cups of water. Place pot in refrigerator, and allow beans to soak overnight.
2. Place the soaked and drained beans in a large pot with enough water to cover them by about 1 inch. Boil gently with lid tilted until beans are soft, about 1 hour. Add more water while beans are cooking if water level drops below the top of the beans.
3. Add plantains, tomato, red pepper, onion, garlic, and salt. Continue cooking at low heat until plantains are soft.
Serve warm.

Makes about 16 servings, half a cup each

Nutrition information per serving

Calories: 133	Dietary Fiber: 5 g
Total Fat: 0 g	Sodium: 205 mg
Saturated Fat: 0 g	Protein: 6 g
Cholesterol: 0 mg	Carbohydrates: 28 g