

## Jamaican Instant Pot Rice and Beans (with stove top method)

This Jamaican side dish of rice and beans (peas) are seasoned with delicious coconut milk and other spices.

Total Time: 35 minutes

Servings: 12

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### Ingredients

- 2-3 Tablespoons olive oil or ghee
- 2 yellow onions finely chopped
- 2 teaspoons minced garlic
- 4 green onions finely chopped
- 1 teaspoon ginger
- 4 cups long grain brown rice rinsed
- 2 cup coconut milk
- 3 cup water/chicken stock (low sodium)
- 1 Tablespoon salt
- 1 teaspoon ground allspice
- ½ teaspoon black pepper
- 2 -15oz. cans dark red kidney beans drained and rinsed
- 4 sprigs of thyme or (1 t dried)
- 1 whole Scotch Bonnet pepper (optional)



### Directions (Instant Pot)

1. Set Instant Pot to “Sauté.” Once Hot, add olive oil. Then add yellow onion and stir until softened, about 3 minutes. Add rinsed rice and toast for extra flavor (this step is optional) then add garlic and green onions and stir for about 30 more seconds.
2. Press “Cancel” on the Instant Pot. Add rice (if you didn’t toast), coconut milk, water, salt, allspice, and black pepper and stir.
3. Pour drained kidney beans on top of the rice mixture. Do not stir. Lay sprigs of thyme on top. Cover the Instant Pot, ensuring the valve is set to “Sealing.”
4. Press “Manual” or “Pressure Cook” on the Instant Pot and set for High pressure for 22 minutes for Jasmine, 23 minutes for Basmati and 6 minutes for white long grain rice
5. Once the pressure-cooking time is done, allow it to natural release for 10 minutes, then quick release any remaining pressure by moving valve to “Venting”
6. Open lid and remove thyme sprigs. Fluff rice with fork and Enjoy!

### Directions (Stove Top)

1. Heat olive oil in a large pot over medium heat. Add yellow onion and stir until softened, about 3 minutes. Add garlic and green onions and stir for about 30 more seconds.
2. Add rice, drained kidney beans, coconut milk, water, salt, allspice, and black pepper and stir until combined. Lay thyme on top. Bring mixture to a simmer.
3. Cover with a lid and reduce heat to low. Allow to cook for 35- 40 min over low heat, then remove from heat. Leave the lid on for an additional 5 minutes.
4. Open the lid and remove the thyme. Fluff rice with fork. Enjoy.

### Notes

- Make sure there are no dry bits stuck to the bottom of the pot. This could result in that annoying “burn” signal some pressure cookers give off. Once you add your coconut milk and water, stir with a wooden spoon to ensure there is no food stuck to the bottom.
- This recipe was created in an Instant Pot Duo 6QT. If using a newer model, use the “Rice” button on your Instant Pot.
- If subbing dry for fresh thyme springs, use about 1/2 tsp