



Caribbean



rice

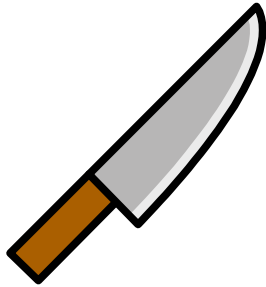
and



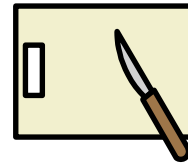
beans



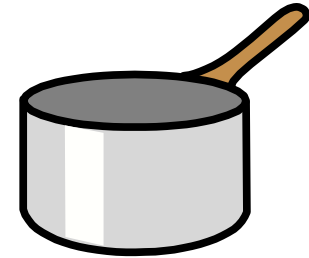
equipment



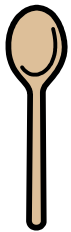
knife



chopping board



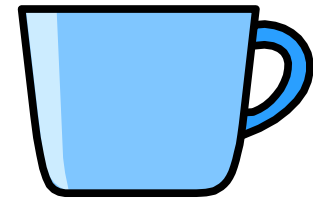
saucepan



wooden spoon



teaspoon



cup



Caribbean



rice

and



beans



ingredients



1/2 cup



oil

2



2 cloves



garlic

1/2



1/2 onion

1/2



1/2 teaspoon



paprika

1/2



1/2 teaspoon



thyme

1/4



1/4 teaspoon



cayenne pepper

1



1 cup



rice

1



1 cup tinned



kidney beans

3



3 cups



water