



Caribbean



rice

and



beans



method

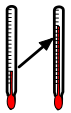


1



1. Chop the onion and garlic

2



2. Heat the oil in the saucepan and fry the onion,

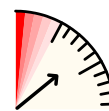


garlic and spices for 5 minutes.

3



2



3. Stir in the rice and stir for 2 minutes.

4



4. Add the beans and water.

5



18



5. Bring to the boil then simmer for 18 minutes.