

Caribbean Pink Beans

Rating: ★★★★★

Makes: 16 servings

Ingredients

- 1 pound pinto beans (dry)
- 10 cups water
- 2 plantains (medium, finely chopped)
- 1 tomato (large, finely chopped)
- 1 red pepper (small, finely chopped)
- 1 white onion (medium, finely chopped)
- 3 garlic clove (finely chopped)
- 1 1/2 teaspoons salt

Directions

1. Rinse and pick through the beans. Put the beans in a large pot and add 10 cups of water. Place the pot in the refrigerator and allow the beans to soak overnight.
2. Cook the beans until they are soft. Add more water as needed while the beans are cooking.
3. Add the plantains, tomato, pepper, onion, garlic, and salt. Continue cooking at low heat until the plantains are soft.

Option: Serve with rice.

National Heart, Lung and Blood Institute (NHLBI), Stay Young at H

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	124	
Total Fat	0 g	0%
Protein	6 g	
Carbohydrates	25 g	8%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	227 mg	9%

MyPlate Food Groups

Vegetables	3/4 cup
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