



Brown Rice & Red Beans in Light Coconut Milk (Congris)

This recipe, filled with fiber and protein, brings together whole grains and beans, heart-healthy olive oil, onions, garlic and thyme. Coconut milk gives it a creamy, flavorful finish.

Yield: 6 servings

Ingredients

2 cups uncooked brown rice
4 cups water
1 tablespoon extra-virgin olive oil
1 medium onion, diced
3 cloves garlic, minced
2 (16 ounce) cans red beans
1 (13 ounce) can light coconut milk
1/2 teaspoon dried thyme
Salt and pepper to taste



Directions

1. Bring 2 cups of brown rice to a boil in 4 cups of water, and then simmer for 30 minutes.
2. Heat oil in a separate pot. Add onion and sauté over medium-low heat until translucent. Add garlic and sauté until golden.
3. When the rice has cooked for 30 minutes, add the sautéed onions and garlic, beans, coconut milk, and thyme to the rice pot. Bring rice pot liquid to boil, then turn down to a simmer; cover and cook over low heat until most of the coconut milk is absorbed. This should take about 15 minutes. The mixture should be moist but not liquid. Season with salt and pepper and serve.

Nutrition Information

Calories: 280, Fat: 3g, Sodium: 180mg, Carbohydrate: 49g, Fiber: 10g, Protein: 8g