

Peas 'n' Rice (Bahamian style) — Vegetarian

Bahamas • Serves 4–6 • ~35–45 minutes • Sweden-friendly



Photo: Lambros

Ingredients

- 1 tbsp oil or butter
- 1 onion, finely chopped
- 1 bell pepper (any color), diced (optional but nice)
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1/2 tsp smoked paprika (optional)
- 1 bay leaf (optional)
- 1 cup long-grain rice (about 200 g), rinsed
- 1 can kidney beans or pigeon peas (drained) OR 250 g cooked beans
- 200 ml coconut milk (or 1 small can)
- 300–350 ml vegetable stock or water (adjust to your rice)
- 1 tbsp tomato paste (optional, for color)
- Salt + black pepper
- To serve: lime/lemon, chopped chives or parsley

Steps

1. Sauté onion (and pepper) in oil with a pinch of salt until soft, 5–6 minutes. Add garlic and cook 30 seconds.
2. Stir in thyme, paprika, bay leaf and tomato paste (if using). Cook 1 minute.
3. Add rice and stir 30 seconds to coat.

4. Add beans, coconut milk and stock/water. Bring to a gentle simmer, cover and cook on low 12–15 minutes (until rice is tender).
5. Turn off heat and rest 5 minutes. Fluff with a fork, taste and adjust salt/pepper.
6. Serve with a squeeze of lime/lemon and herbs on top.

Notes

- Beans: kidney beans are the easiest Sweden-friendly option; pigeon peas are more traditional if you find them.
- If your rice is still firm but liquid is gone, add 2–3 tbsp water, cover and cook 3–4 more minutes.
- Great as a main with salad, or as a side with grilled veg/fish.