



Recipe from:  
Belize



**INCAP**  
Instituto de Nutrición  
de Centro América y Panamá

## Rice and beans

10 servings

### Ingredients

2 tazas	Dried red beans
3 tazas	Rice
5 unidades	Garlic cloves (1 crushed)
1 unidad	Large onion, chopped
1 unidad	Green bell pepper, seeded and diced
2 cucharadas	Chopped cilantro
800 ml	Coconut milk
4 cucharadas	Coconut oil
1/2 cucharadita	Black pepper
1 cucharadita	Salt
1 litro	Water for cooking

### Utensils

Medium bowl  
Pot  
Pan  
Knife  
Cutting board

### Preparation

1. Soak the beans overnight and drain.
2. Cook them in water with 4 whole garlic cloves, onions and cilantro until tender (about 1 hour).
3. In a pan, sauté the crushed garlic, onion, and bell pepper in one tablespoon of coconut oil.
4. Add this sauté mixture to the beans along with salt and black pepper.
5. Stir in the washed and drained rice, coconut milk, and the remaining oil.
6. Cook over medium-low heat for about 45 minutes, until the rice is tender.
7. Serve with meat of choice, seafood, fried plantains, or potato salad.



## Rice and Beans: el latido creole de Belice

Rice and beans is one of Belize's most beloved dishes, a flavor that brings the whole country together. Cooked with rice, red beans, and coconut milk, it carries those *Creole* vibes that smell like Sunday, family, and soft music playing in the background. Each spoonful reflects the blend of cultures that shape Belize and the calm, welcoming spirit that defines it. Enjoying it is like feeling, even for a moment, the warm Caribbean breeze and the Belizean hospitality that always invites you to stay a little longer.

### When buying beans and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

### Check:

- Expiration date if packaged
- Whole beans, without holes or insects
- No disinfectant smell

### Before cooking:

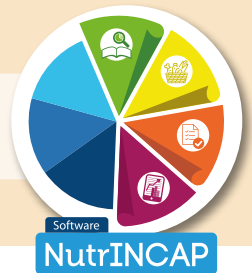
- Soak for 12 hours
- Discard soaking water
- Cook with fresh water

Information available in Legumes and the Potential of a Seed. [Request your copy here.](#)

## Nutritional information

### Estimated nutritional value per serving

Calculations performed with NutriNCAP [Request more information here.](#)



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)
466.14	15.01	57.51	7.26	85.47	274.26	2.01	0.4	11.11	4.82	0.68	0.15	4.3	0.3	421.82	0	1.91	9.94	3.48

Monounsaturated fat (g)	Polyunsaturated fat (g): 0.9	Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
0.4	0.44	0	79.29	7.91	2.59	684.27	200.44	0	139.86	184.31	0	22.35	0.19	0	4.4

Recipe obtained through INCAP Technical Cooperation in Belize.



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