

Caribbean Rice with Jerk Seasoning

Courtesy of: www.thebetterhomelife.com

- 2 cups cooked white rice (~1 cup of dry rice)
- 2 Tablespoons Coconut Oil
- 4 Carrots, diced
- 1 Red bell pepper, diced
- 1 onion, diced
- 1/4 cup unsweetened shredded coconut
- 13.6 ounce can unsweetened coconut milk
- 5 cloves garlic
- 15 ounce can kidney beans, drained and rinsed
- 15 ounce can corn, drained
- 1/4 cup chopped fresh cilantro
- 3 Tablespoons Jerk Seasoning -more if desired
- 1 lime sliced into wedges (optional)

Start by preparing the white rice according to package directions. Next mix the dried coconut with 1/4 cup of the coconut milk and set aside to soften. Grate the garlic on a plate grater. Set aside. Add the coconut oil to a large pot or wok, and begin to sauté the carrots. When the carrots are slightly softened, add the peppers and onions. Continue to sauté, mixing often. Once all the vegetables are softened, mix in the shredded coconut mixture and the grated garlic. Then add the kidney beans, corn and 1/2 cup of the coconut milk. Mix well. Once the corn and beans are warm, add the rice and mix well. Add the cilantro, jerk seasoning and remaining coconut milk. Mix until well combined and heated throughout. Taste and add additional seasoning if desired. Serve with a lime wedge if desired.