



## Caribbean Pink Beans

Serving size: ½ cup

Yield: 16 servings

### Ingredients:

Make beans without lard or other fat.

1 pound pink beans

10 cups water

2 medium plantains, finely chopped

1 large tomato, finely chopped

1 small red pepper, finely chopped

1 medium white onion, finely chopped

3 cloves garlic, finely chopped

1½ teaspoon salt



### Directions:

1. Rinse and pick through the beans. Put the beans into a large pot and add 10 cups of water. Place the pot into 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.

Nutrition Facts: Calories: 133; Total fat: less than 1 g; Saturated fat: less than 1 g; Cholesterol: 0 g; Sodium: 205 mg; Calcium: 39 mg; Iron: 2 mg; Fiber: 5 g; Protein: 6 g; Carbohydrate: 28 g; Potassium: 495 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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