



Total Time
55 MIN.

Serving Size
6.5 Z/177.4 G

Difficulty
EASY

Yields
48

Accented with thyme and warm spices, this version of Caribbean rice and beans is prepared with light coconut milk and Condensed Cream of Mushroom Soup for a vibrant dish that everyone will enjoy.

INGREDIENTS

	WEIGHT	MEASURE
Vegetable Oil	6 tbsp	90 mL
Carrots, diced	2 cups	500 mL
Celery, diced	2 cups	500 mL
Onions, diced	2 cups	500 mL
Red Bell Peppers, diced	2 cups	500 mL
Fresh Thyme, finely chopped	6 tbsp	90 mL
Chili Powder	2 tbsp	30 mL
Garlic, minced	2 tbsp	30 mL
Fresh Ginger Root, minced	2 tbsp	30 mL
Allspice, ground	2 tsp	10 mL
Cinnamon, ground	1/2 tsp	2 mL
Black Pepper	2 1/2 tsp	10 mL
Campbell's® Condensed Cream of Mushroom Soup	1 can 48 oz	1 can 1.36 L
Light Coconut Milk	2 cans 14 oz each	2 cans 400mL each
Water	5 cups	1 L
Low-Sodium Soy Sauce	6 tbsp	90 mL
No-Salt-Added Black Beans, drained and rinsed	1 can 6.9 lbs	
Basmati Rice	6 cups	1 L
Lime Juice	1/2 cup	125 mL



INSTRUCTIONS

1. To large saucepan set over medium heat, add oil. Add carrots, celery, onions, red peppers, thyme, chili powder, garlic, ginger, allspice and cinnamon; cook, stirring occasionally, for 8 to 10 minutes or until starting to soften. Season with black pepper.
2. Stir in condensed mushroom soup, coconut milk, 5 cups (1.25 L) water and soy sauce; bring to a boil. Stir until smooth.
3. Stir in black beans, rice and lime juice; bring back to a boil. Stir well, then reduce heat to low. Cover and cook, stirring occasionally, for 20 to 25 minutes or until rice is tender and has absorbed most of the liquid and an internal temperature of 165°F (74°C) or higher is held for 15 seconds. Let stand, covered, for 5 minutes; fluff with a fork.

CCP: Hold hot at 140°F (60°C) or higher for serving.

CCP: Substitute black beans with kidney beans or black-eyed peas