

Jamaican Stew Peas with Runners

Ingredients:

Serves 5

- 2 cups dry kidney beans
- 9 cloves garlic (6 grated/ 3 whole)
- 3 scallions, chopped
- 1 tsp fresh thyme
- 2 scotch bonnet peppers (whole)
- 1 cup coconut milk
- 1 Tbs fresh grated ginger
- 1 cup all purpose flour
- 5 ½ cups water
- 2 tsp onion powder
- 1 tsp garlic powder
- ½ tsp ground allspice
- 2 ½ tsp all purpose seasoning



Directions:

1. Soak kidney beans for at least 4 hours in water with the whole garlic cloves.
2. In a separate bowl combine the all purpose flour and ½ cup of water to make a stiff dough. Let rise for 10 minutes
3. For the runners, pinch off about a ½ ounce of dough and roll it between your palms to make a tapered cylindrical shape.
4. Place soaked beans with garlic cloves in a pot with fresh water and cook on medium-low for one hour.
5. Add all remaining ingredients.
6. Carefully add your runners to the pot and simmer an additional 20 minutes.
7. Carefully remove whole garlic cloves and whole scotch bonnet peppers before serving.

Nutrition Facts

5 servings per container	
Serving size	1 cup
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 70g	25%
Dietary Fiber 20g	71%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 22g	
Vitamin D 0.5mcg	2%
Calcium 270mg	20%
Iron 7.8mg	45%
Potassium 1260mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.