

Caribbean Pink Beans

Makes: 16 servings

Plantains, tomatoes, and onions come together to give this side dish a Caribbean flavor.

Ingredients

- 1 pound** pinto beans (dry)
- 10 cups** water
- 2** plantains (medium, finely chopped)
- 1** tomato (large, finely chopped)
- 1** red pepper (small, finely chopped)
- 1** white onion (medium, finely chopped)
- 3** garlic clove (finely chopped)
- 1 1/2 teaspoons** salt

Directions

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

Nutrients	Amount
Calories	124
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	227 mg
Total Carbohydrate	25 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	0 IU
Calcium	40 mg
Iron	2 mg
Potassium	465 mg
N/A - data is not available	
MyPlate Food Groups	
 Vegetables	3/4 cup

Notes

Learn more about:

- [Bell Peppers](#)
- [Garlic](#)
- [Tomatoes](#)
- [Onions](#)

Source: National Heart, Lung and Blood Institute (NHLBI), Stay Young at Heart: Cooking the Heart-Healthy Way