

GUATEMALAN RICE & BEANS WITH COCONUT MILK PLATE

RICE & BEANS, STEWED CHICKEN, POTATO SALAD AND FRIED PLANTAINS

6 servings | Prep time: 25 mins | Cooking time: 1hr

DIRECTIONS

- 1) In a medium pot, add 8 cups of water & beans. Boil for 30 mins until soft. Add water if needed or become dry. Make sure to wash beans first.
- 2) Peel 8 potatoes & carrots, then cut them into small cubes about fingernail size. Leave 4 potatoes to the side and cut those into 2 inches. (Those will be used for your chicken)
- 3) You may also start to cut your green bell pepper into slices (this is for your rice).
- 4) In a medium size pot, add 2 cups of water with the potatoes & carrots. Boil for 10 mins or until the carrots are soft.
- 5) Strain the water and add the potatoes & carrots into a large bowl.
- 6) Strain water from the can of peas and add into the bowl with potatoes & carrots.
- 7) Add 3 tbsp of Mayo (or to your liking), salt & pepper to your liking and mix thoroughly. Once done, place in refrigerator until serving time.
- 8) In a large saucepan, heat 1 oz of oil on medium heat. Make sure to wash rice thoroughly. Add rice, $\frac{1}{4}$ tsp of thyme, 3 bay leaves, bell pepper slices and 2 tbsp of chicken bouillon. Stir constantly for 2 minutes, then add your coconut milk, bean broth and beans.
- 9) Cover your rice & beans and reduce heat to low. Simmer for 15-20 minutes. Avoid the rice sticking to the sides by folding in the rice from edge to center every 5 minutes. Remember to keep it covered.

INGREDIENTS

- 2 cans of coconut milk
- 1 lb of white rice
- $\frac{1}{2}$ lb of red beans
- 10 cups of water
- 2 tsp of sour cream
- 2 cups of Bean Broth
- 7 ounces of corn oil
- 5 bay leaves
- 2 chicken breasts & 5 chicken legs
- 3 tbsp of chicken bouillon
- $\frac{1}{2}$ tsp of thyme
- 1 green bell pepper
- 3 ripe plantains
- 12 russet potatoes
- 4 carrots
- 1 can of peas
- 3 tbsp of mayonnaise
- Salt & pepper to your liking

- 10) When rice is fully cooked, remove from heat.
- 11) Cut your chicken breast into 2-inch squares.
- 12) In a medium pot, heat 1 oz of oil on medium heat. Add your chicken, ½ tsp of thyme, 2 bay leaves and 1 tsp of bouillon.
- 13) For 10 minutes, stir chicken occasionally as you fry it and cover it.
- 14) Add sour cream to a bowl and mix it with your remaining 2 cups of water.
- 15) Then add your 2-inch square potatoes and your sour cream mixture.
- 16) Cover the chicken, reduce to low heat for 5-10 minutes. Make sure your broth doesn't dry up. (Check on chicken and potatoes to make sure they are fully cooked)
- 17) Peel plantains by cutting off both ends and cutting a slit down the side of each plantain. Cut in half and then cut them into long slices. You should get about 6-8 slices per plantain.
- 18) Heat a large skillet with 5 oz of oil so it completely covers the bottom of the pan on medium heat. When oil is hot enough, place plantains a few at a time in the hot oil. (You want to hear a sizzle when plantain goes in)
- 19) Fry on one side until it is golden brown and caramelized, about 4-5 minutes. Fry the other side until golden brown.

Serve your plate with rice & beans, next to that your chicken and potatoes, drizzle on top of your beans some of the chicken sour cream broth, add the potato salad and at the end, add your plantains on the side. Enjoy this great Guatemalan recipe that has been enjoyed for over 100 years!

