



Cajun Red Beans and Rice



Gluten Free



Dairy Free



Popular

READY IN



95 min.

SERVINGS



4

CALORIES



853 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound andouille sausage cut into small pieces)
- ☐ 2 bay leaves
- ☐ 38 ounce beans red rinsed drained canned (and)
- ☐ 0.5 teaspoon cayenne pepper to taste (or)
- ☐ 0.5 cup celery diced ()
- ☐ 4 cups chicken stock see
- ☐ 4 cups rice with a brown rice) cooked
- ☐ 4 cloves garlic chopped ()

- ☐ 0.5 cup bell pepper diced green ()
- ☐ 1 ham hock
- ☐ 2 tablespoons oil
- ☐ 1 cup onion diced ()
- ☐ 1 teaspoon oregano
- ☐ 1 teaspoon paprika
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves

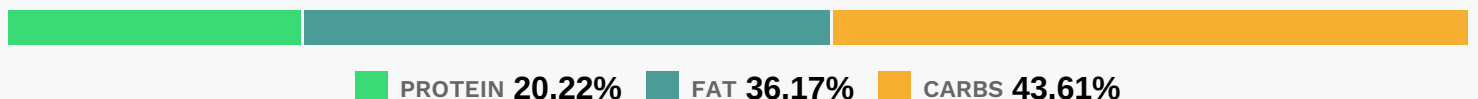
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat the oil in a large sauce pan over medium heat add the sausage and saute until lightly golden brown, about 5–7 minutes, and set aside.
- ☐ Add the onions, celery and green pepper to the pan and cook until tender, about 7–10 minutes.
- ☐ Add the garlic and cook until fragrant, about 1–2 minutes.
- ☐ Add the stock, beans, ham hock, sausage, paprika, cayenne, oregano, thyme, bay leaves, salt and pepper and bring to a boil.Reduce the heat to medium–low and simmer covered for at least 1 hour continuing for another hour or two if you have the time to bring out more flavour from the ham hock.
- ☐ Remove the ham hock, pull the meat from it, cut it into bite sized pieces and add it back to the pot if desired.Mash or puree about a quarter of the beans.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:89.25, Glycemic Load:62.45, Inflammation Score:-9, Nutrition Score:29.586956148562%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 853.36kcal (42.67%), Fat: 34.35g (52.85%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 93.17g (31.06%), Net Carbohydrates: 76.47g (27.81%), Sugar: 9.13g (10.14%), Cholesterol: 99.79mg (33.26%), Sodium: 2337.83mg (101.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.43%), Manganese: 1.83mg (91.45%), Fiber: 16.71g (66.82%), Phosphorus: 473.88mg (47.39%), Selenium: 28.24µg (40.35%), Potassium: 1309.65mg (37.42%), Vitamin B1: 0.55mg (36.86%), Iron: 5.86mg (32.55%), Vitamin B6: 0.63mg (31.69%), Copper: 0.63mg (31.63%), Vitamin B3: 6.25mg (31.25%), Magnesium: 122.66mg (30.67%), Vitamin B2: 0.48mg (28.21%), Zinc: 4.19mg (27.96%), Vitamin C: 22.45mg (27.21%), Vitamin K: 25.03µg (23.84%), Folate: 91.44µg (22.86%), Vitamin E: 2.37mg (15.81%), Vitamin B5: 1.53mg (15.34%), Calcium: 150.51mg (15.05%), Vitamin A: 540.26IU (10.81%), Vitamin B12: 0.6µg (10.04%), Vitamin D: 0.79µg (5.29%)