



 **75%**
HEALTH SCORE

Chipotle Red Beans and Rice

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



9

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bay leaves
- 1 tablespoon angostura bitters
- 1 cup celery finely chopped
- 3 chipotle peppers in adobo sauce canned drained chopped
- 9 cups brown rice cooked (without salt or fat)
- 2 teaspoons basil dried
- 1 pound kidney beans dried
- 0.5 teaspoon thyme leaves dried

- 1 cup cooking wine dry red
- 1 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 cups bell pepper green chopped
- 1 teaspoon ground cumin
- 2 cups onion chopped
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 2 cups tomatoes fresh diced
- 2 cups vegetable broth undiluted canned
- 8 cups water divided
- 1.5 tablespoons worcestershire sauce low-sodium

Equipment

- bowl
- frying pan
- blender
- dutch oven

Directions

- Sort and wash beans; place beans in a large Dutch oven. Cover with water to a depth of 2 inches above beans. Bring to a boil; cover, remove from heat, and let stand for 1 hour.
- Drain beans, and return to Dutch oven.
- Add 6 cups water; bring to a boil. Cover; reduce heat, and simmer 30 minutes. Set aside.
- Coat a large skillet with cooking spray; place over medium heat until hot.
- Add onion and next 3 ingredients; cook, stirring constantly, 7 to 9 minutes or until tender.
- Add basil and next 4 ingredients; cook, stirring constantly, 1 to 2 minutes.

- Add onion mixture, remaining 2 cups water, broth, and next 4 ingredients to bean mixture; bring to a boil. Cover; reduce heat, and simmer 1 hour.
- Pour 2 cups bean mixture into container of an electric blender; cover and process until smooth. Return mixture to Dutch oven; bring to a boil. Reduce heat; simmer, uncovered, 2 hours or until thickened, stirring occasionally.
- Remove and discard bay leaves. Stir in pepper.
- Combine rice, cilantro, and salt; stir well. Spoon 1 cup rice mixture into each of 9 individual serving bowls; top each with 1 cup bean mixture.
- Sprinkle evenly with tomato.

Nutrition Facts

PROTEIN 15.58% **FAT 4.94%** **CARBS 79.48%**

Properties

Glycemic Index:38.36, Glycemic Load:32.29, Inflammation Score:-9, Nutrition Score:26.956087008767%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg Pelargonidin: 2.43mg, Pelargonidin: 2.43mg, Pelargonidin: 2.43mg, Pelargonidin: 2.43mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 458.52kcal (22.93%), Fat: 2.42g (3.72%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 87.45g (29.15%), Net Carbohydrates: 73.73g (26.81%), Sugar: 5.7g (6.33%), Cholesterol: 0mg (0%), Sodium: 343.51mg (14.94%), Alcohol: 3.55g (100%), Alcohol %: 0.68% (100%), Protein: 17.15g (34.29%), Manganese: 2.91mg (145.35%), Folate: 228.23µg (57.06%), Fiber: 13.72g (54.88%), Vitamin C: 37.52mg (45.48%), Magnesium: 173.43mg (43.36%), Phosphorus: 388.19mg (38.82%), Vitamin B1: 0.56mg (37.47%), Vitamin B6: 0.66mg (33.01%), Potassium: 1105.02mg (31.57%), Copper: 0.62mg (31.2%), Iron: 5.53mg (30.72%), Vitamin K: 23.12µg (22.02%), Vitamin B3: 4.17mg (20.85%), Zinc: 2.87mg (19.13%), Vitamin A: 695.22IU (13.9%), Vitamin B5: 1.31mg (13.1%), Calcium: 104.48mg

(10.45%), Vitamin B2: 0.18mg (10.33%), Vitamin E: 0.57mg (3.79%), Selenium: 1.99µg (2.85%)